



lifehouse
spa & hotel

WELLNESS RETREATS

*wellness consultations, therapies
& treatments*

Welcome to Lifehouse Spa & Hotel

Enter a world of complete serenity in our adults-only oasis — the perfect place for some well-deserved wellbeing and relaxation.

Lifehouse is a contemporary, award-winning Spa Hotel nestled in the peaceful surroundings of English Heritage Listed Thorpe Hall Gardens, just over an hour from London by train and close to the pretty Essex coastal town of Frinton-on-Sea.

Designed to rejuvenate your body and calm your mind, our wide range of luxury treatments include healing body therapies, wellbeing consultations from our resident specialists and heavenly massages from organic brands Spiezia and ishga, along with Decléor, Clarins and other luxury brands.

Additionally, our highly qualified therapists have been trained by the NHS Christie Trust to adapt spa treatments for anyone recovering from cancer, stress or bereavement. We are one of only a handful of spas in the country to offer this service and are extremely 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.



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Meet our Wellness Experts



Sue Davis

Director of Health & Wellness

Sue is our Resident Naturopath with a Bachelor of Health Science (Naturopathy) degree, and has many years of experience working for Chiva-Som, a leading Thai health and wellness resort where she worked with celebrities and royalty. Concentrating on the healing power of nature, she focuses on creating an individual approach to health and wellbeing for every guest. These include dietary and lifestyle adaptation, the concept of 'food as medicine', herbs, flower essences, nutritional supplements, detoxification and exercise.



Maria Natusch

Wellness Practitioner

Maria spent the first 20 years of her professional life working in London's Financial Markets. Having witnessed the effects a poor lifestyle and stress can do to people's lives, she made the decision to leave the City behind and re-train as a beauty & holistic therapist.

"I have worked in spas for 14 years now and my aim at Lifehouse is to make our guests feel totally pampered and relaxed. To employ a healthy and holistic plan for daily life is essential for all of us - simple changes can make a big difference to our health and wellbeing."



Natasha Allsop

Chartered Physiotherapist

Natasha began her career as a professional dancer and model. After five years she made the decision to re-train, achieving a Bachelor of Science (Honours) degree in Physiotherapy. As a Chartered Physiotherapist, Natasha feels that her previous experience has helped hone her understanding of the human body, enabling her to facilitate therapeutic treatments that achieve the maximum benefits for her clients.



Rebecca Miller

Life Coach

Rebecca holds a Masters in Coaching and Mentoring and is an accredited member of the Association of Coaches. Her style of coaching helps clients identify how their current beliefs and behaviours are impacting on them as individuals and in their relationships both personal and professional. By identifying any negative patterns, clients are then empowered to identify and achieve the necessary changes that will create more positive outcomes.



Michael Barthaud

Healer, Channeller, Reiki and Karuna Reiki Master

Michael has more than twenty years' experience in the healing arts. He has studied many forms of energy healing to the highest levels and has honed his skills working in some of the world's top resorts throughout Asia and Europe. Michael offers a selection of healing therapies designed to restore equilibrium to any mental, emotional, spiritual or physical imbalances.



Jocelyne Leach

Yoga Teacher

Jocelyne took her first yoga class as a teenager and throughout her life has found that when tangled up physically, emotionally or spiritually, it has been her yoga practice that has straightened her out. The truth is that what you experience mentally really does affect you physically and vice versa. Jocelyne's philosophy as a yoga teacher is based on her desire to find what works, elegantly, simply and with ease. Her style is sometimes challenging but always energising and self empowering.



Naturopathy & Wellness

Here at Lifehouse, we know that wellness and wellbeing is unique and different for each individual. That's why we have developed a range of Wellness Retreats, Treatments and Therapies that can be tailor-made to suit your needs, whatever they may be.

Naturopathic medicine is a fusion of modern scientific research and the timeless wisdom of nature that truly embraces the mind-body-spirit connection. The most basic premise of Naturopathy is that the body has the in-built ability to heal itself given the right tools. These could include dietary and lifestyle changes, the concept of 'food as medicine', herbs, flower essences, nutritional supplements, detoxification and exercise.

Which area of wellbeing would you like to focus on?

- *de-stress*
- *recovery*
- *detox*
- *weight loss*
- *digestive health*
- *fitness*
- *workplace wellness*

Here's how it works in 4 simple steps

1

Decide how many nights you would like to stay

- Our Wellness Retreats start from a 1 night stay
 - Each Retreat can be extended for you to enjoy more treatments
-

2

Choose the dates that suit you best

- We will give you the best available room rate for the dates chosen
 - Take advantage of a reduced midweek room rate
 - Come by yourself for some peaceful 'me time' and we will offer reduced Single Occupancy rates
 - Come with a friend, partner or family member and you have the flexibility to choose the Wellness or Spa Break you each prefer
-

3

Browse through our selection of Wellness Retreats and select which one feels right for you

- You can mix and match the Retreats to get the perfect balance. For example, enjoy a 2-night Juice Cleanse followed by a 2-night Weight Loss Motivator for optimum results.
 - All Retreats are inclusive of full-board menus (excluding De-stress SOS) specifically tailored to suit your needs.
 - If you need advice about which Retreat is best for you, our Resident Naturopath, Sue, is on hand to help - 01255 863444
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4

Call our friendly Reservations Team on 01255 860050 to book your Wellness Retreat

- They can reserve your stay and answer any questions

RETREAT 1

Your Health, Your Way

At Lifehouse, we understand that everyone is different and individual needs may vary. That's why we encourage you to personalise your stay with us to get the very most from your break.

We have designed 'Your Health, Your Way' to be flexible so you can create your very own Retreat following these simple steps:

1. Choose either a twin or double room, for as many nights as you wish (minimum stay of 2 nights).
2. Choose a full-board menu from a selection of three that have been developed by our Wellness Director and Head Chef:
 - Detox & Cleanse (juice based)
 - Weight Loss (protein based)
 - Standard Wellness
3. Add on treatments you would like to enjoy during your stay, at a preferential rate.
4. Receive complimentary monitoring and advice from our Resident Naturopath throughout your stay.



Detox & Cleanse Sample Menu

Gluten and dairy free

Based on a 2 night stay

DAY OF ARRIVAL

18:00

DINNER

Detox juice (broccoli, kale, parsley, green apple, celery)

Soup of the day

Organic edamame bean 'spaghetti' in rich tomato sauce with aubergine and red onion

21:30

BEDTIME

Nourishing nightcap of warmed coconut & almond milk with 70% dark chocolate and cinnamon stick twizzle, delivered to your room

DAY 1

07:00

Hot water & fresh lemon delivered to your room

07:30 - 10:30 **BREAKFAST**

Vegetable juice (beetroot, celery, carrot, ginger)

Fresh fruit platter

10:30

Juice or smoothie of choice

12:00 - 14:00 **LUNCH**

Detox juice (green apple, cucumber, kale, mint, celery)

Sue's salad of mixed leaves, beetroot, apple, homemade pesto, houmous, roasted garlic with flaxseed & onion crispbread

15:30

Juice or smoothie of choice

18:00

DINNER

Detox juice (broccoli, kale, parsley, green apple, celery)

Soup of the day

Plate of fine seasonal vegetables with beetroot dressing

21:30

BEDTIME

Nourishing nightcap of warmed coconut & almond milk with 70% dark chocolate and cinnamon stick twizzle, delivered to your room

DAY 2

07:00

Hot water & fresh lemon delivered to your room

07:30 - 10:30 **BREAKFAST**

Vegetable juice (beetroot, celery, carrot, ginger)

Chia pudding with coconut cream and mango

10:30

Juice or smoothie of choice

12:00 - 14:00 **LUNCH**

Detox juice (green apple, cucumber, kale, mint, celery)

Sea Bream with steamed vegetables
Avocado & dark chocolate mousse

RETREAT 2

De-stress SOS

Are you feeling stressed?

We all have moments when we feel physically or emotionally drained. Pause and take some time to unwind and recharge.

Join a meditation class with Michael Barthaud, our very own healer. You can also book a private session with Michael for a more personalised experience. Reiki or Healing & Balance treatments are perfect therapeutic sessions if you wish to achieve ultimate relaxation.

Alternatively, exercise is a proven stress reliever so why not ease yourself in with a one-to-one yoga session with Jocelyn – guaranteed to relax your body & mind.

A quick tip for calm

Clear thinking and decision making are impossible when we are stressed.

Practise this simple breathing exercise and feel the difference immediately:

Breathe in through your nose for 5 counts and then out again through your nose for 5 counts. Repeat 5 times.

Do this on the loo, on the train, in your car or at your desk whenever you're feeling a little overwhelmed.

What our guests say –

“I came to Lifehouse after months of living with stress. I have a demanding job and my personal life is a mess – I was simply broken. I cannot explain how life changing it was for me. After my first session with Michael, I felt alive again and for the first time in ages I felt happy, positivity ran through my body. I immediately booked another session for the next day.

The second session gave me clarity. I felt a shift in my soul. I was no longer broken. I had found myself and remembered who I am. I left Lifehouse ready to face life again. I cannot thank Michael enough and if I feel that life is too much for me again, I will stop the ride and run back to Lifehouse for more sessions. It simply changed my life. Thank you Michael.”

Fiona

This 1 night Retreat is aimed at relieving stress and rebalancing body & soul.

The De-stress SOS Retreat includes:

- 1 night's accommodation
- Half-board* with 3 course dinner and breakfast the following morning
- Welcome Consultation (15 minutes)
- Calming Massage (25 minutes)
- Choice of Healing & Balance Treatment, Reiki or Nutritional Tune Up (50 minutes)
- Spiezia Organics skincare gift bag
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments, therapies or private classes to support your De-stress SOS Retreat (*available at a preferential rate*)

Four Hands Massage (60 minutes)

Soul Soother (2 hours)

Personal Meditation (60 minutes)

Myotherapy (30 or 55 minutes)

Life Skills Coaching (60 minutes minimum)

Vinyasa Flow Yoga (60 minutes)

Just let us know if you would like to add one or more of these to your Retreat when booking.

* Upgrade to full-board for £26 per person – must be pre-booked.



RETREAT 3

Recovery

Recover at Lifehouse

As a progressive spa, we welcome guests who are recovering from cancer or still going through treatment – one of only a handful of spas in the UK to do so. Our therapists have been specially trained by the NHS Christie Trust to personalise treatments for people with cancer or in post-cancer recovery.

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

The Recovery Treatment uses the HEARTS technique – ‘Hands On, Empathy, Aromatherapy, Textures and Sound’ – beneficial for those feeling anxious and stressed. The treatment has no set route so you can choose with your therapist on the day the best combination for you. You may decide to enjoy a relaxing shoulder and neck massage with a mini-facial or a comforting foot and leg massage – simply choose on the day depending how you feel.

We also have yoga classes, informal nutritional talks and meditation sessions to give you the support and nurturing you need to feel better.



look good **feel better**

SUPPORTING WOMEN WITH CANCER

This Retreat is designed for anyone who would like some time to rest, recuperate and feel better after illness, cancer treatment, stress burnout or bereavement.

The Recovery Retreat includes:

- Pre-arrival phone call and Welcome Consultation with our Resident Naturopath on arrival (30 minutes)
- Minimum 2 nights' accommodation
- Full-board Standard Wellness menu
- Daily freshly pressed juice or smoothie per night booked
- Two Recovery Treatments (55 minutes each)
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments to support your Recovery Break *(available at a preferential rate)*

Healing and Balance (1 hour)

Soul Soother (2 hours)

Four Hands Massage (1 hour)

Food Intolerance Testing (1 hour 30 minutes)

Reiki (50 minutes)

Personal Meditation Session (1 hour)

Just let us know if you would like to add one or more of these to your Retreat when you make your booking.



Detox & Cleansing

An introduction

A period of dietary cleansing is an excellent way to support the body's natural detoxification process.

Even the healthiest among us will have toxins residing in our systems taken in from food and drink. Stress plays a key part too, creating a toxic build-up when we allow good eating habits and exercise to slip.

Is a cleanse or a detox right for you?

- Do you feel tired all the time?
- Do you have dark under eye circles?
- Are you often bloated or constipated?
- Do you have eczema or psoriasis flare-ups?
- Do you binge drink or have alcohol on a daily basis?
- Do you crave bread, sweets, chocolate, cakes & biscuits?
- Are you constantly stressed?

If you answered yes to three or more of these questions, one of our Detox & Cleansing Retreats could be just what you need, but don't just take our word for it...



What our guests say -

“Highly recommend! On my return I had not only lost weight but received many complements that my skin was glowing and that I appeared very calm and relaxed. I’ve returned to everyday life feeling lighter and more focused. The good habits that started with the Lifehouse Detox have continued.”

Fidelma J.

Tips to get you started

1. Drink lemon with warm water on rising
2. Cut down on white carbohydrates
3. Eat or juice beetroot every day
4. Have at least 3 alcohol-free days each week



RETREAT 4

Lifehouse Detox

This Detox Retreat features structured dietary cleansing to give you improved energy, vitality and digestive health as well as a glowing complexion and better sleep patterns.

The Lifehouse Detox includes:

- Pre-arrival and post-cleansing advice
- 3 nights' accommodation
- Full-board Detox & Cleanse menu
- Five daily freshly pressed juices or smoothies, per night booked
- Hot water & lemon delivered to your room on rising
- Nourishing healthy nightcap delivered to your room
- Detox Kit including dry skin brush, cleansing clay, supergreens, herbal digestive teas and supportive detox flower remedies
- Comprehensive detox booklet
- Welcome, follow up and farewell consultations with our Resident Naturopath
- ishga Detoxifying Seaweed Body Wrap (50 minutes)
- Personalised Massage (55 minutes)
- Reflexology (50 minutes)
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments to support your Lifehouse Detox (*available at a preferential rate*)

Lava Shell Tummy Massage (55 minutes)

Castor Oil Abdominal Massage & Heat Pack (50 minutes)

1-2-1 Personal Training (55 minutes)

ishga Detox Facial (50 minutes)

Food Intolerance Testing (1 hour 30 minutes)

Reiki (50 minutes)

Personal Meditation Session (1 hour)

Just let us know if you would like to add one or more of these to your Retreat when booking.

RETREAT 5

Juice Cleanse

This 2 night Juice Cleanse is perfect for detoxing and cleansing in a relaxing environment without your normal day-to-day distractions.

The Juice Cleanse includes:

- Pre-arrival and post-cleansing advice
- Welcome and farewell consultations with our Resident Naturopath
- Minimum 2 nights' accommodation
- Hot water & lemon delivered to your room on rising
- Ten daily freshly pressed juices or smoothies, per night booked
- Complimentary monitoring by our Resident Naturopath
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments to support your Juice Cleanse (*available at a preferential rate*)

Lava Shell Tummy Massage (55 minutes)

Castor Oil Abdominal Massage & Heat Pack (50 minutes)

ishga Detoxifying Seaweed Body Wrap (50 minutes)

ishga Detox Facial (50 minutes)

Food Intolerance Testing (1 hour 30 minutes)

Reiki (50 minutes)

Personal Meditation Session (1 hour)

Just let us know if you would like to add one or more of these to your Retreat when booking.



RETREAT 6

Weight Loss Motivator

A healthy approach

For many, strict dieting is the wrong way to go about weight loss. Diets usually have a beginning and an end, with denial in between.

Our structured full-board weight loss menu includes protein, complex carbohydrates and healthy fats in the right proportions. We'll provide tips and advice to keep you motivated to carry on at home and we encourage you to exercise so that you adopt a regime that becomes a normal way of life.

What our guests say –

“Lifehouse inspired me to make changes to my diet, resulting in a loss of 11kg in 7 months. I am on a new path, keeping in mind ‘portion size’, lemon juice in warm water, green tea and natural wholefoods. I’m now healthier, happier and playing more sports. Thank you for your inspiration and sparkling energy.”

Paul

Top tip – adopt the 80/20 rule

We all like to let our hair down now and again. If you work from Monday to Friday why not make this your 80% and do your best to maintain healthier eating habits. This leaves Saturday and Sunday free to do whatever takes your fancy. Just ensure you get back on track on Monday morning.



Start your weight loss journey or get back on track with this full-board Retreat featuring personal training and consultations.

What's included:

- Welcome consultation and monitoring with our Wellness Experts
- Minimum 2 nights' accommodation
- Hot water & lemon delivered to your room on rising
- Full-board Weight Loss Menu
- Morning BFresh Green Juice
- Afternoon healthy snack
- 1 x 25 minute one-two-one personal training session per day
- Spiezia Organics skincare gift bag
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments to support your Weight Loss Motivator Retreat (*available at a preferential rate*)

Physio Session (30 minutes)

Physio Sports Massage (25 minutes)

ishga Detoxifying Seaweed Body Wrap (55 minutes)

Reiki (50 minutes)

Soul Soother (2 hours)

Food Intolerance Testing (1 hour 30 minutes)

Personal Meditation Session (60 minutes)

Just let us know if you would like to add one or more of these to your Retreat when booking.



RETREAT 7

Digestive Health

Great health starts from within

We all know the expression 'we are what we eat' but naturopaths take it a step further and use the phrase 'we are how we digest and absorb'.

This Retreat includes a test for food intolerances, now commonplace amongst the general population, as well as a comprehensive overview of health and eating habits. Problems such as bloating, constipation, heartburn, rushing to the loo, feeling tired all the time and poor skin can all be addressed in this personalised stay.

What our guests say -

"I just wanted to say thank you – the food intolerance testing and time spent with Sue has changed my life! Just cutting out eggs and cow's milk has had an amazing beneficial effect, I never imagined I could feel this good!"

Jean

Helpful tip:

Irritable Bowel Syndrome (IBS) is extremely common in the modern world and can be helped by removing gluten containing grains such as wheat, rye, barley and switching to gluten free oats. Cow's milk products often cause discomfort so sufferers can try eliminating these from the diet for 3 months and replace with goat's and sheep's milk instead. Support the digestive system with a digestive enzyme supplement at each meal and take a high quality probiotic supplement first thing in the morning on an empty stomach to enable the good bacteria to reach the large bowel.



Our Digestive Health Retreat focuses on identifying the root cause of your symptoms, such as stress or food intolerances, and includes treatments for your body & mind as well as guidance to support you once you've returned home.

What's included:

- Welcome consultation with our Resident Naturopath including a Food Intolerance Test (testing for 59 common foods)
- 2 nights' accommodation
- Hot water & lemon delivered to your room on rising
- Full-board menu matched to your dietary needs
- Castor Oil Abdominal Massage & Heat Pack – a 50 minute treatment designed to relax your body and soothe digestion
- Spiezia Organics skincare gift bag
- Unlimited use of the thermal spa area, gym and free access to daily activities programme
- Enjoy spa facilities until 3pm on day of departure

We recommend the following treatments to support your Digestive Health Retreat (*available at a preferential rate*)

De-stress & Healing Session including meditation and healing touch for deep relaxation (60 minutes)

ishga Detox Facial (55 minutes)

Indulgence Organic Rose Ritual (1 hour 25 minutes)

Energy Healing Sampler Session (20 minutes)

Just let us know if you would like to add one or more of these to your Retreat when booking.



Treatments

Health & Wellbeing with Sue Davis

Do you suffer with headaches, bloating, stomach pains, aching joints, skin issues and feeling tired all the time? These can all be caused by food intolerances, so take the first steps to improving your quality of life with our instant results tests.

FOOD INTOLERANCE TESTING

We offer a simple test that will identify any food protein antibodies, with full results and advice given to you during the consultation. You will then be guided on how to manage your results and given an information pack for support once home.

One-to-one test £135

Two people testing together £230

Follow up consultation £45

COELIAC SCREENING

Coeliac disease is a permanent intolerance to gluten which is found in wheat, rye, oats and barley and it is more common now than ever before.

We offer a simple test which will identify coeliac antibodies. You will then be guided on the next steps to manage your results and given an information pack for support at home.

One-to-one test £75

Food Intolerance Test and Coeliac Screening £165

Life Coaching by Rebecca Miller

LIFE SKILLS COACHING

If you need guidance about your personal relationships or clarity regarding a work situation, Lifehouse provides the perfect neutral environment in which to address such issues with the help of our Life Skills expert.

60 minutes £85

90 minutes £120

2 hours couples £200

Treatments

Healing and Health with Michael Barthaud

If you are unsure which treatment is right for you, ask Spa Reception to arrange a free chat with Michael who will happily guide you to the best treatment for you.

HEALING AND BALANCE

Relax on the treatment couch in comfortable clothing while Michael draws upon a variety of techniques including crystal therapy, meditation and touch to encourage deep healing to both the physical body and entire energy system. Afterwards you will feel more balanced, calm, centred and deeply relaxed.

60 minutes £85

90 minutes £120

20 minutes sampler £30

MYOTHERAPY

This treatment is ideal for relieving body pain and muscle tension. Myotherapy combines a muscle testing technique called kinesiology together with deep pressure point therapy.

30 minutes £50

55 minutes £85

FOUR HAND THERAPY

Experience a full healing body massage combined with a Reiki session all in one. Enjoy the luxury of two skilled therapists working in harmony to combine therapeutic massage and healing touch. Feel totally indulged as one therapist soothes away any aches, knots and tension, while the second therapist works intuitively to balance your energy.

60 minutes £95

PERSONAL MEDITATION

Embark on a personal journey using breathing, visualisation and mindfulness techniques to achieve ultimate relaxation, clarity and purpose in one's life.

60 minutes one-to-one £50

60 minutes couples £60

Treatments

Natasha Allsop
Chartered Physiotherapist

PHYSIOTHERAPY

If you're recovering from an injury, accident, operation or repetitive strain type issue, Natasha's therapeutic and educative based sessions focus on restoring, maintaining and developing optimum physical movement and function to help aid you on your road to recovery.

30 minutes £35

60 minutes £60

PHYSIOFIT

This personal training service from Natasha is aimed at those who are tentative about getting back into fitness after an injury or illness. It is also ideal for those new to exercise or who prefer the safety net of training with a physiotherapist.

30 minutes £30

POSTURAL CHECK-UP

Do you carry a heavy bag on one shoulder or wear out the heels of your shoes in an uneven way? Natasha will quickly assess whether you have any imbalances and give you tips and advice to rectify any issues.

25 minutes £25



Treatments

*Jocelyne Leach,
Yoga Teacher & Holistic Therapist*

VINYASA FLOW YOGA

Enjoy your own private yoga class with Jocelyne where she will create a tailored programme guaranteed to balance your body and invigorate your mind.

60 minutes £60

MINI-HAND ANALYSIS

Your hand provides a fascinating tool for self-understanding right at your fingertips, like an owner's manual literally in your hands. This mini-hand analysis will help you understand yourself more deeply and help you avoid the lessons that keep repeating in your life.

30 minutes £45

ORACLE CARD READING

Enter into the energy and landscape of the oracle cards to understand the metaphors of your inner life and find the deeper meaning, allowing you to move beyond your limitations.

30 minutes £45

Treatments

Recovery

If you are recovering from cancer, having cancer treatment, illness, stress or bereavement we offer a Recovery Treatment personalised to suit how you feel on the day. Our 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 the best combination of treatments to have on the day.

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 £65

HEAD IN HEAVEN

A deeply relaxing back, head and facial treatment combining beautifully fluid and soothing massage movements with a calming rhythm to surround you with a comforting harmony.

1 hour 25 minutes £85



look good **feel better**

SUPPORTING WOMEN WITH CANCER

Treatments

Soul Soother

2 hours of complete relaxation for body, mind & spirit

Feel a sense of calm fall over you as glowing candles and relaxing music create a warm welcome to your personal sanctum. Close your eyes and breathe in the fragrant scents of flower remedies used to cleanse the room's energy, creating a harmonising atmosphere.

Your therapist will begin by gently exfoliating your skin with a body brush, followed by a full body scrub which is removed with a hot mitt so you can remain comfortable and relaxed.

As your journey continues, feel your mind drift away with a full body massage followed by pressure point therapy to release any tension and healing crystals placed on your body to draw out negative energy.

Your journey ends with an ancient technique using Tibetan Singing Bowls to create sound vibration that will gently flow into your body. The rich overtones will take you into a deep state of relaxation, balance your energy and improve your physical & emotional well-being.

2 hours £125



Sports & Fitness

SPORTS MASSAGE

This body massage involves deep and soft tissue techniques to relax muscles and release deep seated knots and tension. The perfect treatment if you are or have suffered with an injury, it 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 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

Workplace Wellness

Research shows that healthy and happy staff will work more productively over longer periods of time. Therefore Workplace Wellness programmes should be considered an essential component of any successful business.

Benefits for employers

- Better performing staff with an increase in productivity
- Boosted moral amongst employees
- Reduced stress levels
- Reduction in sickness leave/injuries at work
- An increase in job satisfaction resulting from employees knowing their employer cares about them
- Enhanced staff retention saving your business time and money

Benefits for employees

- Increased concentration levels
- Overall improved general health – feel healthier and happier
- Increase in energy so they can still enjoy time being active with friends and family after work
- More capable of managing stress
- Better quality of sleep
- Weight loss
- Lower blood pressure
- Feel valued by their employer
- Build a bond with fellow co-workers



Workplace Wellness

Our Workplace Wellness programmes are specifically designed for the busy executive and are tailored to the individual requirements of each company.

We offer a range of Workplace Wellness workshops, from practical nutrition, postural assessments and exercise programmes to time and performance management, effective communication, relaxation and mindfulness.

You and your employees select which workshops to attend and we create a bespoke Workplace Wellness day or stay to fit your team's specific requirements.

Each workshop can be designed as a 45 minute 'overview' session or a 90 minute 'in depth' workshop with practical exercises and participation.

Comprehensive handouts are provided for each workshop so your team can relax, listen and take the information away with them.

Your bespoke Workplace Wellness event can also include your own business training modules, delivered by your own trainers.

Our fully equipped and air conditioned conference suite can be set up in boardroom or theatre style and can be configured as a large single room or two separate meeting spaces with soundproofed walls. Each area has large TV monitors, AV equipment for presentations and direct access onto a large outdoor terrace area.

Meals and snacks can be served in the training room or in the Lifehouse Restaurant - you can choose from the Lifehouse à la carte or Healthy Options Menu and can also order healthy snacks.



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

For Reservations, choose **Option 1**

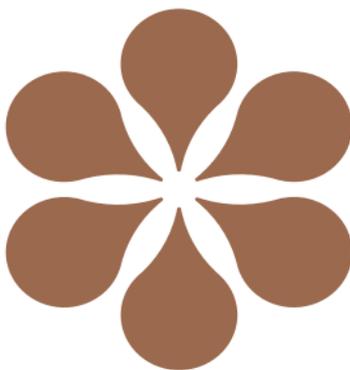
For General Enquiries, choose **Option 6**



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 purchase 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**.



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