lifehouse
spa & hotel

SPA MENU

To book your preferred treatment to compliment your overnight stay or spa day please contact our Reservations & Scheduling team on 01255 860050 option 1, email enquiries@lifehouse.co.uk or visit Spa Reception during your visit.
Please call spa reception on 01255 863420 or email spareception@lifehouse.co.uk for treatment only bookings

All treatment times stated include consultation and aftercare advice.
Residential and spa day guest treatment times are only confirmed on arrival

facials

CLARINS Ultra Relaxing Aroma Facial - 60 minutes £99
Helps soothe the mind and rebalance the skin. A luxurious rebalancing treatment with aromatherapy oils to get your skin blooming again.

CLARINS HYALURONIC HYDRA-GLOW - 70 minutes £109
Results: Walk away with skin that's visibly hydrated, plumped, and radiant - an instant confidence boost straight out of the treatment room. Get ready for a fresh, dewy complexion with the Hyaluronic Hydra-Glow facial, designed to deliver serious results in record time. This expert treatment blends professional grade exfoliation, intense hydration, and proven rejuvenating ingredients for a transformative glow.

CLARINS NIACINAMIDE SKIN RECHARGE - 70 minutes £109
Results: Leave with skin that's smoother, visibly brighter and glowing – de-stressed and ready to take on the world. Experience the ultimate skin reset with the Niacinamide Skin Recharge facial. A rejuvenating, glow-boosting reset for your skin blending a cocktail of professional grade smoothing, hydrating and radiance restoring products for de-stressed skin.

CLARINS COLLAGEN REPLENISHING - 70 minutes £109
RESCUE Results: Re-plumped, lifted and firm skin - after this treatment, 91% of women said their skin looked visibly younger1 . Experience our most effective age defying Spa treatment for firmer skin2. Featuring [Collagen]3 Technology, our Collagen Replenishing Rescue facial works to stimulate collagen deep within the skin, improving elasticity and firmness for a youthful glow.

CLARINS NATURES RETINOL RENEWAL - 70 minutes £109
Results: Renewed skin at all levels that looks, instantly brighter with wrinkles appearing visibly reduced – your skin will thank you. Replenish the skin and reduce the appearance of wrinkles with this facial. Harnessing the power of Harungana, natures gentle equivalent to retinol, this treatment is perfect for those experiencing hormonal changes within the skin.

CLARINS PEPTIDE AGE REPAIR - 70 minutes £109
Results: Deeply nourished, smoothed and contoured skin that glows as much as you do. Deliver deep nourishment to the skin with this intensely restorative facial, designed to replenish, brighten and revive. Powered by advanced anti-ageing tetrapeptide formulas, this treatment helps to tackle loss of skin density caused by ageing.

ELEMIS Expert Touch Renew Facial - 60 minutes £105
Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral.

ELEMIS Expert Touch Nourish Facial - 60 minutes £105
Energise and detoxify stressed, dull skin with a nutritional superfood boost.

ELEMIS Expert Touch Reveal Facial - 60 minutes £105
This highly potent resurfacing treatment targets the sign of ageing and dull, tired, uneven skin tone.

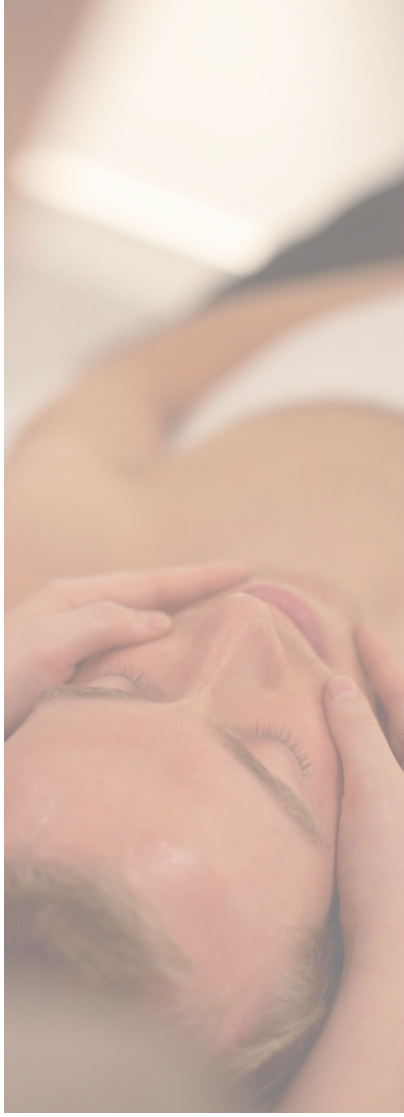
facials

TEMPLESPA CBD Wellbeing Facial - 75 minutes £109
This soothing de-stress facial includes a TEMPLESPA tranquil face massage using their LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.

TEMPLESPA My Kinda Skin Facial - 60 minutes £99
Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage, You will feel amazing and your skin transformed.

TEMPLESPA All About The Glow Facial - 60 minutes £105
This advanced, skin-transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

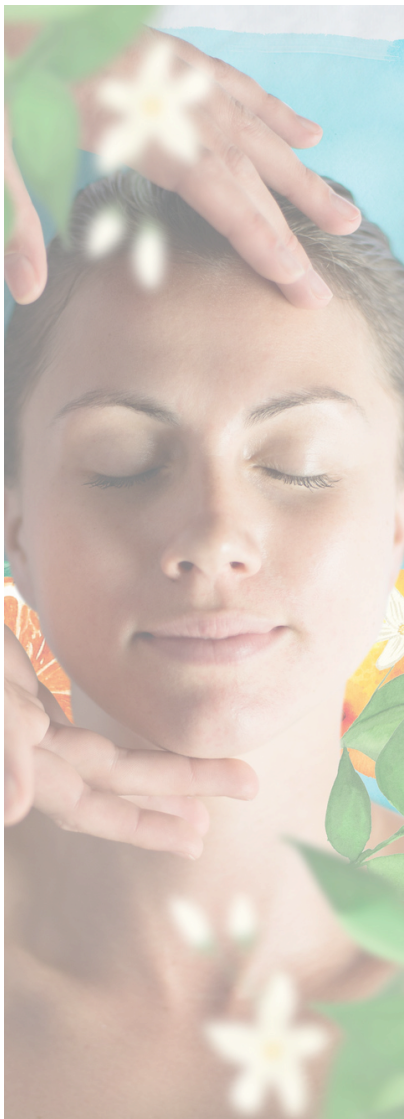
TEMPLESPA The Skin Detox Facial - 60 minutes £99
The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, unclogged, decongested and spotlessly clean.



MADE FOR LIFE Organics Radiance Facial - 55 minutes £99
Designed to eliminate congestion, this facial detoxifies and cleanses the skin.

MADE FOR LIFE Organics Rose Quartz Wellness Facial - 60 minutes £109
This deeply calming yet uplifting facial ritual softens tension and stress lines by using light to medium massage techniques across the face, neck and shoulders. Cooling Rose Quartz "Gua Sha" Crystals are used alongside beautiful rich 100% organic balms and oils to smooth lines and reduce puffiness from your face. Completed with a soothing scalp massage, to soothe and nourish the mind.

MADE FOR LIFE Organics Gents Facial - 55 minutes £99
This uplifting facial uses 100% organic oils and balms combined with specific massage techniques to detoxify, tone, lift and stimulate the blood flow, leaving your skin decongested & rejuvenated. Using a special combination of massage techniques, this natural uplifting facial will reduce tension, soften facial wrinkles and improve your complexion. Using stimulating massage techniques, circulation is improved and toxins are released from the facial area.



Elemis expert tech facials

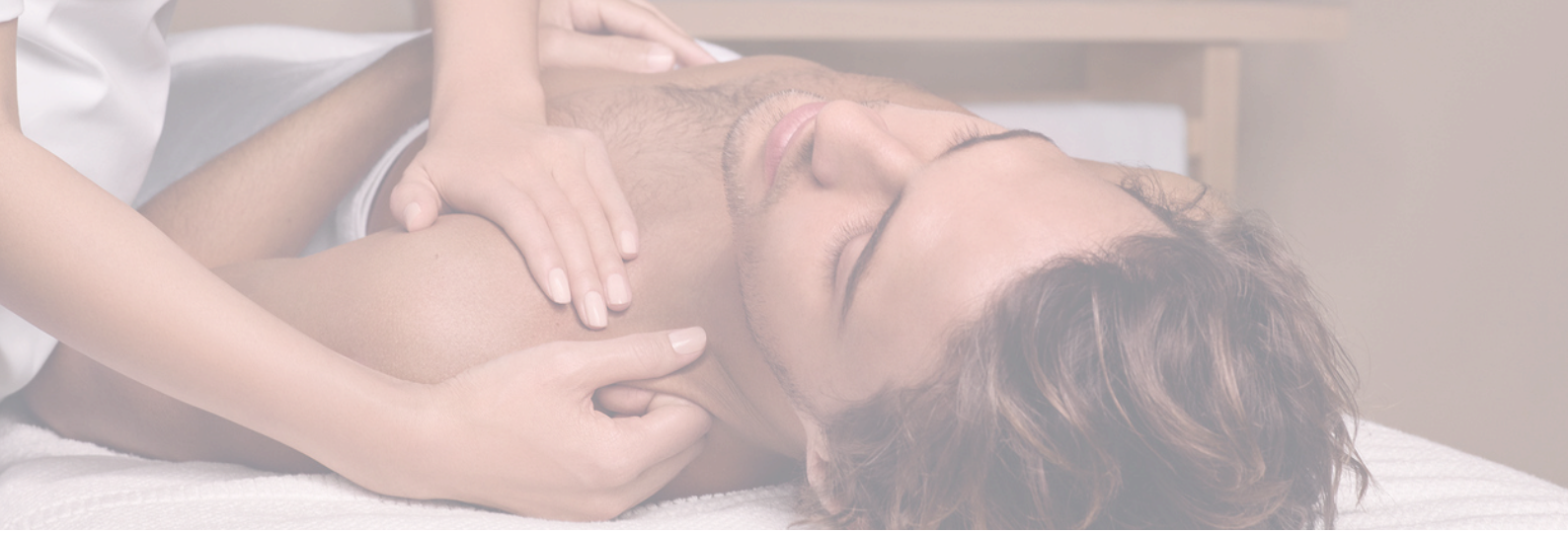
These next-generation facials combine 30 years of ELEMIS' expertise paired with proven aesthetic technology to help stimulate and energize tired, sluggish skin for accelerated results. High-performance solutions that respect your skin. Transformative results derived from powerful active naturals and the world's most advanced delivery systems, all while preserving your skin's natural microbiome.

ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL – 50 minutes £125
Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish, leaving your skin rebalanced, nourished, and radiant.

ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL – 50 minutes £125
Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise, and Galvanic to nourish, revealing bright, polished, and smooth skin.

ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL – 50 minutes £125
Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen infusion to plump. Skin will appear renewed, toned, and firmer.

ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL - 50 minutes £125 | 80 minutes £150
Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened, and defined.



massage & body treatments

CLARINS Hot Stone Massage – 55 minutes £99 / 70 minutes £114
Warm stones help to relieve tension, fight fatigue, and deliver an all round wellbeing boost. Combined with our expert massage techniques and blissful aroma therapeutic oils, this Clarins hot stone massage promises total body relaxation. Available October - May only

CLARINS Rebalancing Massage – 70 minutes £114
Deeply relaxing full body massage using slower movements and pressure points techniques to relieve long-standing knots and tension – Now also suitable for men.

CLARINS Deep Healing - 70 minutes £114
Results: Muscles, ligaments and joints are relaxed and more supple with feelings of stress and fatigue melting away – body and mind restored, you'll be floating on air. Our Deep Healing Massage releases tension and promotes restoration by blending Clarins' expertise with Thai royal techniques for a deep massage designed to relieve muscle tightness and enhance flexibility. Skin is nourished, tension is released, and mindfulness is restored.

CLARINS Sensory Escape- 70 minutes £114
Results: Feel completely at peace as stress melts away. Your body is rebalanced, your skin is left supple and radiant, and your mind is refreshed for a deeper sense of relaxation – a complete retreat from the world outside. Restore your inner zen with our Sensory Escape Treatment. A full face and body experience that renews your soul's harmony through slow, rhythmic massage techniques. Using the power of Clarins' essential oils and the expert hands of our therapists, this wellness treatment detoxifies the body, promotes better sleep, and leaves your skin radiant, supple, and glowing with positive energy.

ELEMIS Expert Deep Tissue Tension-Ease Massage – 55 minutes £99
Tailored to your needs leaving you feeling grounded and focused.

ELEMIS Expert Deep Tissue Tension-Ease Massage for 2 – 55 minutes £105 per person
Upgrade your Massage for Two to an Elemis Deep Tissue Massage, leaving you feeling grounded and focused.

ELEMIS Body Rituals - 2 treatments 50 minutes £92 | 3 treatments 80 minutes £122
Combine your choice of Elemis treatments on the day with your therapist. Mix 2 or 3, 25minute treatments from the following: MASSAGE - FACIAL - SCRUB - HEAD MASSAGE - LEG & FOOT MASSAGE

massage & body treatments

TEMPLESPA | CBD Wellbeing Massage - 60 minutes £99
This calming and anti-inflammatory massage targets muscle pain and melts away tension leaving you feeling inexplicably relaxed and soothed from top-to-toe. Warm therapeutic hot stones, along with The TEMPLESPA CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind... giving you a moment of blissful respite. Available October - May only

TEMPLESPA | Hydrate & Soothe Meno-pause Body Treatment - 60 minutes £109 / 90 minutes £139
This unique top-to-toe treatment is bespoke to you. The gentle, caring body treatment uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.
Upgrade your treatment to 90 minutes to include a lifting facial massage, hot oil scalp massage and application of Temple Spa's award-winning Truffle products.

TEMPLESPA Drift Away Massage - 60 minutes £99
This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... stay awake if you can zzzzzzz!

TEMPLESPA Work It Out Massage - 60 minutes £105
A tension-easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the ingenious WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica. We begin with full body brushing to stimulate circulation and improve lymph drainage. Then a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a workout - untangle Knots, ease tightness and relive stress. Better all round!

TEMPLESPA AAAHHH! – 30 minutes £65
This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub!

TEMPLESPA BACK TO LIFE – 45 minutes £75
This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

MADE FOR LIFE Organics Mindful Moments Massage – 55 minutes £99
Commencing with Mindfulness, this beautiful massage includes a calming foot cleanse, face ritual, along with a meaningful back massage to clear the mind and soothe the soul.

LIFEHOUSE Hot Stone Massage – 55 minutes £95
B*ody hugging movements are combined with hot polished lava 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 energise. Available October - May only*

LIFEHOUSE Massage for Two – 55 minutes £95 per person
Experience the joy and serenity of a massage with a friend or loved one in the privacy of our twin treatment room.

LIFEHOUSE Swedish Full Body Massage – 55 minutes £92
One of our most popular treatments to reduce muscular pain, ease stiffness and relieve stress.

scrubs, masks & wraps

CLARINS Body Shaper – 70 minutes £114
An intensive treatment designed to sculpt and firm your body, featuring over an hour of contouring massage. This draining and firming session boosts microcirculation while targeting areas of stubborn and newly forming cellulite.

ELEMIS Expert Absolute Face & Body Ritual – 60 minutes £95
An intensely moisturising body wrap using Monoi oil is applied to the body using sweeping strokes, followed by a full body exfoliation which leaves the skin feeling cleansed and polished. You are then cocooned in a towel and treated to a scalp massage and a mini facial while the oil works its hydrating magic.

TEMPLESPA Purify & Balance Body Treatment – 60 minutes £75
This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious mini facial and scalp massage. Wallowing in mud never felt soooo good!

TEMPLESPA Glow & Radiance Body Treatment - 45 minutes £65
An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow! Includes a mini facial.

ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger or Frangipani - 25 minutes £59
A divinely scented, deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin.

mum-to-be treatments

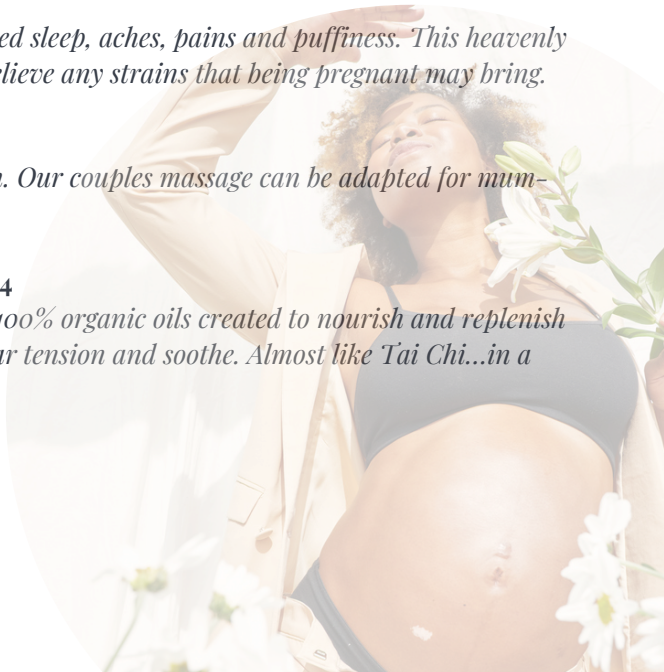
Available after your first trimester unless otherwise specified - please advise your pregnancy on booking.

ELEMIS Peaceful Pregnancy – 60 minutes £99
Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Relieves tension in the back, shoulders, scalp, hands and feet. Following your relaxing massage will be one of ELEMIS' Touch facials to completely replenish and illuminate your skin. This can be performed from your first week of pregnancy.

LIFEHOUSE Maternity Massage – 55 minutes £92
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. Ideal to soothe, calm and relieve any strains that being pregnant may bring.

LIFEHOUSE Mum to be Massage for 2 – 55 minutes £95 per person
Enjoy this special time together with a loved one in a twin treatment room. Our couples massage can be adapted for mum-to-be when after the first trimester. Please request on booking.

MADE FOR LIFE Organics Made for Mumma to Be – 55 minutes £104
A beautiful and nurturing massage created especially for Mumma to Be. 100% organic oils created to nourish and replenish are applied, using gentle and relaxing massage techniques to ease muscular tension and soothe. Almost like Tai Chi...in a massage. This is the perfect ritual to nurture Mumma and baby to be.



Also suitable during pregnancy
MADE FOR LIFE Organics Radiance Facial - MADE FOR LIFE Organic Sole Sensation

dry wave massage

20mins - £30

Experience complete relaxation as you effortlessly float and engage your senses with our new dry water Massage Bed. This innovative treatment utilises high pressured water jets that glide along the surface of a warm waterbed, providing a soothing head-to-toe body massage while keeping you comfortably dry.

Aqua massages offer numerous benefits such as improved blood circulation, reduced muscle tension, and even targeting deeper tissues. As you recline on the perfectly heated waterbed and immerse yourself in the sounds of the ocean, your truly calming experience begins.

As the treatment commences, the heated high pressure water jets work their magic, moving up and down your body, focusing on those areas of tension. With the added ambiance of low level coloured lighting, you'll soon drift away into a profound state of relaxation, reminiscent of a classic massage experience. Optional red light therapy is available to stimulate collagen production and promote anti-ageing.

What sets our Aqua Massage Bed apart is its unique features that allow for a fully personalized experience. You can choose the intensity of the water pressure, the sounds you listen to, and the colours that surround you, giving you complete control over your massage and achieving that weightless sensation every time.

After this incredible experience, you'll feel a restoration of energy and a release of tension, leaving you ready to conquer the world.

We recommend light clothing during this treatment. Maximum weight 210kg (33 Stone)

Available 8am - 9pm daily. (Please see Guest Services if Spa Reception is closed)

wellbeing & holistic

MADE FOR LIFE Organics Hand on Heart - 70 minutes £109
For soothing the mind and lowering stress levels. Slow, rhythmic movements on back, shoulders, neck and head combined with a deeply relaxing facial using 100% certified organic Made For Life products to provide a true sense of well-being. Specifically designed for those living with and beyond cancer.

MADE FOR LIFE Organics Deeply Relaxing Touch Therapy - 55 minutes £99
A deeply relaxing treatment of slow, soothing movements tailored to your needs.

MADE FOR LIFE Organics Catch the Breath ™- 25 minutes £65
This nurturing gentle treatment for the head, back and shoulders allows you to completely relax into a meditative state of relaxation. Slow Tui Na Chinese massage-techniques rebalance and calm the upper body while slow, gentle and calming techniques induce a deep state of relaxation.

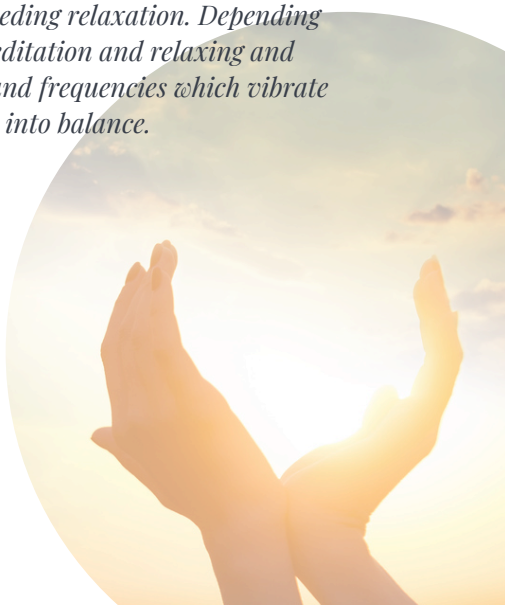
MADE FOR LIFE Organics Soothe & Nurture Facial - 25 minutes £65
A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. Includes a face and scalp massage to calm the mind and soul.

Indian Head Massage - 40 minutes £75
This heavenly treatment is ideal if you need to float away from the everyday world. This upper back, head, neck, shoulder and face massage is perfect if you suffer with tension headaches and need a pick me up.

Reflexology - 55 minutes £89
A relaxing therapy that works by stimulating specific reflex points on the feet.

Reiki - 55 minutes £95
Reiki is a Japanese form of healing, stress reduction and relaxation. Using channelled energy, or Chi, this energy goes to where you need it, physically, emotionally or spiritually. It is extremely relaxing, detoxifying and rebalancing and can lead to positive changes in all levels of health and wellbeing.

Private Alchemy Crystal Sound Bath Meditation - 55 minutes
1 person £85, 2 people £95
Assisting anyone experiencing life challenges, soul squeezes, stress releasing or needing relaxation. Depending on what you are working with the session can include breathing techniques, meditation and relaxing and balancing Alchemy Crystal Bowl Sound Bath. The Crystal Alchemy bowls emit sound frequencies which vibrate throughout the body unblocking specific chakras bringing the body into balance.



Food Intolerance Consultation – 90 minutes £150, 2 people 120 minutes £270
A simple finger prick test to check for food intolerances. Full results and advice given to you during the consultation. You will also receive a comprehensive naturopathic assessment plus a folder of handouts for support once you get home. 59 common foods are tested for including wheat, cow dairy, eggs, soya, corn, gluten and yeast.

Healing & Balance session – 55 minutes £89
This hour long session pampers you with a combination of Meditation, Chakra Balancing and Reiki. It is particularly beneficial if you are physically and / or emotionally exhausted.

Ultimate Holistic Experience – 120 minutes £145
2 hours of meditation, energy healing, reiki & deep relaxation with chakra discs.

Shiatsu – 60 minutes £99
A clothed massage that works on the pressure points of the body to restore harmony.

Sports Massage – 25 minutes £65 / 50 minutes £104
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.

Health MOT – Minimum 30 minutes £35
A non-invasive health screening tailored to you. Our Health Practitioner carries out a range of tests including non-invasive electrical bio-impedance to analyse your current health and then make positive recommendations.

Life Skills Coaching – 60 minutes £85
Whether you need guidance about your personal relationships or clarity regarding a work situation our experienced life coach can help you find solutions that will allow you to get your life back on track

1-2-1 Meditation – 50 minutes 1 person £75, 2 people £85
Embark on a personal journey using breathing, visualisation and mindfulness techniques to achieve ultimate relaxation, clarity and purpose in one's life.

Personal Training – 30 minutes £35
One to one motivational session with one of our sport science qualified trainers.

1-2-1 Pilates – 60 minutes 1 person £85, 2 people £95
A private Pilates class. Concentrating on posture, balance and flexibility while strengthening the body. Focuses on providing balance between your mind and body for a overall sense of well-being.

Yoga – 60 minutes 1 person £85, 2 people £95
A private Yoga class with one of our experienced Yoga teachers. Suitable for beginners or the more experienced.

finishing touches OPI

Spa Manicure – £45
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.

Spa Pedicure - £50
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.

Gel Manicure - £50
Everything that our Spa Manicure includes with the bonus of a gel polish, plus no drying time!

Gel Pedicure - £55
Everything that our Spa Pedicure includes with the bonus of a gel polish, plus no drying time!

Gel Polish Removal - £25
Removal of gel polish from a manicure or a pedicure.

The Men's Hand & Nail Grooming Treatment – £50
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.

Men's Power Pedicure – £50
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.

additional information

How to book

If you would like to add a treatment to an existing spa day or spa break reservation, please contact our reservations team on 01255 860050, option 1, or email enquiries@lifehouse.co.uk If you would like to book an individual treatment please visit Spa Reception, call 01255 860050, option 5, or email spareception@lifehouse.co.uk

Cancellations

A 100% charge will be incurred for any treatments that are cancelled less than 24 hours before the treatment is scheduled. Late arrival will shorten your treatment time. Lifehouse reserves the right to discontinue or amend treatments, activities and pricing without prior notice.

Treatment Times

All treatment times stated include consultation and aftercare advice. All treatments are subject to change without prior notice. Treatment times scheduled for spa day and spa break bookings are not guaranteed prior to arrival. If you are arriving or departing outside of your room check in or room check out times, please advise the reservations team in advance so that we can schedule your treatments accordingly.

Treatments for under 18's

Our minimum age at lifehouse is 18 or 16 when accompanied by a parent or guardian. We have a selection of treatments available for those under 18, please ask for details. All under 18's must be accompanied by an adult in the treatment room during their appointment, therefore please let us know on booking if a treatment is for an under 18 so we can schedule accordingly.

Health Concerns

Some spa treatments may not be suitable for guests with certain medical conditions or health concerns including high/low blood pressure, heart/circulatory problems, epilepsy, diabetes, cancer and pregnancy. Please advise of any concerns on booking and the team will be happy to recommend suitable treatments available. Treatments are only carried out further to completion of our pre-treatment medical questionnaire provided on arrival. Lifehouse reserves the right to refuse treatments if the team feel that carrying out a treatment may cause a risk to the guest's health or their own

Spa Shop

Our Spa Shop stocks a wide range of products from a selection of luxury brands to complement our treatment menu. Our experienced team of retail therapists are on hand to offer advice and help you choose the right products for you or a loved one. Swimwear and other spa essentials are also available.

Opening Times

Spa Thermal Facilities
Sunday to Thursday 6.30 – 21.30 Friday & Saturday 6.30 - 22.00
Spa Reception
Monday to Sunday 8.00 – 19.30
Spa Shop
Monday to Sunday 10.00- 18.00
Spa Relaxation Room
Monday to Sunday 9.00 – 19.30
Gym
Sunday to Thursday 6.30 – 21.30
Friday & Saturday 6.30 – 22.00

Facilities

• indoor hydrotherapy pool , • indoor swimming pool • experience showers
• salt inhalation room, sauna & steam room, plunge pool
• dedicated relaxation room • gym • spa shop and retail area • class/fitness studio* - pre booking only, limited availability • hidden sanctuary – double treatment rooms with private pool *
• private sleep retreats* • English heritage listed gardens
*additional charges apply