

lifehouse

spa & hotel



treatment menu

# love life, live well

## **Welcome to Lifehouse Spa & Hotel, the perfect place for some well-deserved pampering and relaxation.**

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

We offer the choice of ESPA, Decleor or Ishga products for your facials and body treatments.

Our team of highly qualified spa therapists have been trained by the NHS Christie Trust to personalise treatments for those with cancer, in recovery or recuperating after illness, stress or bereavement. Please talk to Spa Reception if you would like to know more about these Recovery Treatments.

Our Resident Naturopath offers diet and detox consultations along with Food Intolerance Testing to boost physical health and vitality. Our other Wellness Treatments include Physiotherapy and Myotherapy for back pain and muscle tension. We also offer Flower Remedies Consultations, Reflexology, Energetic Balancing, Reiki and Meditation to provide a deep sense of calm.

Enjoy your day!



# our top five

## Our top 5 treatments as voted for by our guests

### **DECLEOR Lifehouse Discovery Facial**

55 minutes

£65

Discover why Decleor facials are world famous with this rescue remedy for perfectly radiant skin. Includes revitalising massage, essential oils and a gentle polish to wake-up tired skin, leaving it fresh and radiant.

### **ishga Detoxifying Seaweed Body Wrap**

50 minutes

£65

A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

### **Lava Shell Relax - The UK's 'Hottest' Massage**

55 minutes

£75

Lava Shells are the world's first self heating massage tool. A unique innovation in warming spa therapies that induces deep relaxation whilst easing muscle and joint aches and pains. Offering the benefits of a hot stone massage but with an added bonus of being eco friendly, the Lava Shell Relax Massage therapy uses 100% genuine recycled Tiger Clam\* Shells which heat up internally for up to an hour with a combination of natural minerals and water.

### **DECLEOR Madagascar Escape Massage**

55 minutes

£70

Paradise for body and senses. Take a blissful trip to the tropics with this exotic full body massage. A host of profoundly relaxing massage techniques gathered from all over the world ensure tensions, aches and pains simply melt away...

### **ESPA Holistic Back, Face and Scalp**

1hr 20 minutes

£90

Renowned as the ESPA 'Hero' treatment and loved by all, this experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for everyone.

Includes: Back exfoliation followed by back massage - full facial - scalp massage

\* A porcelain shell may also be used at some points during the treatment



# 7 paths to feeling good



*\*\*please note that these treatments need to be booked with 24 hours notice*

# some suggestions

**Pick and choose whichever ones take your fancy.**

Stroll in grounds - Yoga Class - Thermal Suite  
**ESPA Holistic Back, Face & Scalp Treatment**  
Lunch - Chillout Zone  
**Energetic Balancing & Harmonising Session**  
**Decleor Lifehouse Discovery Facial**  
**Personal Meditation Session**

Thermal Suite  
**ESPA Personalised Facial**  
Chillout Zone - Lunch  
**Holistic Harmony Treatment**  
Walk in grounds  
**Chakra Balancing Body Treatment**

Thermal Suite  
**Salt & Oil Scrub**  
Smoothie & Chillout Zone  
**Physiotherapy\*\* or Recovery Treatment**  
Lunch - Stroll in grounds  
**ishga Detoxifying Seaweed Body Wrap**  
**Reiki Session**

**Hidden Sanctuary Experience for two**  
A la carte lunch  
**Spa Ritual Luxury Manicure or Pedicure**  
**ESPA Skin Reviver Facial for Him / ESPA**  
**Personalised Facial for Her**  
Garden Stroll  
**Personal Meditation Session for two**

Thermal Suite  
**Decleor Moisture Quench Facial**  
Chillout Zone with smoothie  
**Indian Head Massage**  
Lunch  
**Spa Ritual Luxury Manicure or Pedicure or Body**  
**Bronzing**  
**Thalgo Eye Massage Mask**

Personal Training or Fitness Class  
**Life Balance Consultation**  
Swim & Thermal Suite  
**Decleor White Radiance Facial**  
Healthy lunch  
**Deep Cleansing Back Treatment**  
**Reflexology or Life Enhancement Coaching\*\***

Detox juice  
Thermal Suite  
**ishga Invigorating Full Body Massage**  
Detox Lunch with Digestive Tea  
**Food Intolerance Testing**  
**Anti-Cellulite Hip & Thigh Treatment**

# ESPA facials

## Luxury facials for healthy, youthful, glowing skin

### ESPA Personalised Facial

55 minutes

£65

Your therapist will select the most suitable facial for your skin's needs that day. Every personalised facial begins with a triple cleanse and exfoliation followed by a pressure point and lymphatic facial massage and finishing with a personalised facial mask to suit your skin.

Give your personalised facial a boost by adding any one of the following 15 minute treatments for £12:

- Clarisonic deep facial cleansing brush – to resurface and brighten
- Eye area exfoliation and mask – to improve fine lines and dehydration
- Steam and Extraction – to remove unwanted blocked pores
- Foot and Hand massage – extra relaxation time

### ESPA Holistic Back, Face and Scalp

1hr 20 minutes

£90

Renowned as the ESPA 'Hero' treatment and loved by all, this experience delivers results by targeting three key areas - the back, the face and scalp.

Includes: Back exfoliation and back massage – personalised 1 hour facial – scalp massage.

#### Enhance this 'Hero' treatment by adding holistic hot stones

1hr 50 minutes

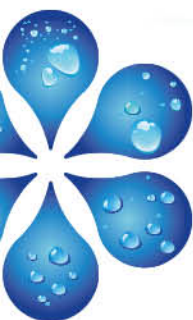
£125

### ESPA Lifestage Anti Ageing Facial

55 minutes

£75

Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.



# DECLEOR facials

## Fabulous facials for revitalised and perfectly radiant skin

### DECLEOR Lifehouse Discovery Facial

55 minutes

£65

Discover why Decleor facials are world famous with this rescue remedy for perfectly radiant skin. Includes revitalising massage, essential oils and a gentle polish to wake-up tired skin, leaving it fresh and radiant.

### DECLEOR Ultimate Glow Facial

55 minutes

£70

Award winning facial to leave your skin visibly revitalised. Power-packed with vitamins and anti-oxidants, this luxury facial combines a rebalancing essential oil elixir with a warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

### DECLEOR Moisture Quench Facial

1hr 10 minutes

£75

Deeply hydrating facial for super-soft skin. This super-hydrating facial includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft.

### DECLEOR White Radiance Facial

1hr 10 minutes

£75

Vitamin C - packed facial for sheer brilliance this illuminating facial dramatically boosts radiance. Using advanced Vitamin C technology and a precision plant power mask, skin is left glowing and beautifully toned.

### DECLEOR Hyaluronic Acid Wrinkle Resist

1hr 15 minutes

£80

Youth-boosting anti-wrinkle treatment. The secret to eternal youth! Using Hyaluronic Acid - one of the most effective anti-ageing ingredients - plus powerful youth-boosting botanicals, this pampering facial intensively targets lines and wrinkles. Its potent wrinkle-smoothing mask is packed with antioxidants and Galanga Extract to lift, plump and firm while gentle exfoliation refines skin texture. Offering dramatic and immediate results, expression lines and wrinkles are smoothed to ensure skin looks luminous.



# ishga treatments



**Ishga** is derived from the Gaelic word for water.

**Ishga** products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated among the hills and lochs on the beautiful and remote Hebridean Isle of Lewis.

Combining hand-harvested seaweed with natural spring water, the resulting mineral rich extract is then blended with other carefully selected organic ingredients and essential oils to create the skincare range. Cucumber extract, macadamia, jojoba, aloe vera and lemon peel are some of the many natural ingredients designed to nourish and protect the skin combined with the powerful natural anti-oxidants of the seaweed extract.

Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals, trace elements and natural antioxidants that are considered essential for maintaining healthy, youthful, glowing skin. It firms, tones and hydrates and is suitable for all skin types.





### **ishga Invigorating Full Body Massage**

**50 minutes**

**£65**

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This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

### **ishga Detox Facial**

**50 minutes**

**£65**

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A rejuvenating facial designed to revitalise and repair. The organic range of products combine mineral rich seaweed as the main ingredient, along with natural healing spring water, aloe vera, macadamia nut oil and cucumber extract. Seaweed is high in vitamins, minerals, trace elements and natural antioxidants that are considered essential for maintaining healthy, youthful skin. Suitable for all skin types. Particularly useful for toning, firming, nourishing but also repairing and protecting the skin from environmental damage.

### **ishga Detoxifying Seaweed Body Wrap**

**50 minutes**

**£65**

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A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

### **ishga Salt And Oil Scrub**

**25 minutes**

**£35**

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A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

# body treatments

## Heavenly body treatments to relax and soothe tight muscles

### ESPA Swedish Body Massage

55 minutes

£65

1hr 20 minutes

£90

After a detailed consultation and sensory test our therapists will determine the most suitable massage oil blend to suit your needs. When booking, you can choose to have this treatment with or without hot stones.

### Lava Shell Relax

55 minutes

£75

Lava Shells are the world's first self heating massage tool. A unique innovation in warming spa therapies that induces deep relaxation whilst easing muscle and joint aches and pains. Offering the benefits of a hot stone massage but with an added bonus of being eco friendly, the Lava Shell Relax Massage therapy uses 100% genuine recycled Tiger Clam\* Shells which heat up internally for up to an hour with a combination of natural minerals and water.

### DECLEOR Aromatherapy Massage

55 minutes

£65

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural essential oils, melt away tension and ease stress for renewed energy and velvety skin.

### DECLEOR Madagascar Escape Massage

55 minutes

£70

Paradise for the body and senses, take a blissful trip to the tropics with this exotic full body massage. A host of profoundly relaxing massage techniques gathered from all over the world ensure tensions, aches and pains simply melt away...

### Sports Massage

25 minutes

£40

50 minutes

£75

Enjoy a therapeutic massage involving deep and soft tissue techniques that really work to release deep-seated knots and tension.

### Salt & Oil Scrub

25 minutes

£35

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or in preparation for an ESPA or Decleor Massage.

\* A porcelain shell may also be used at some points during the treatment



# body treatments

## Deluxe body therapies to stimulate, cleanse, rebalance and rejuvenate

### Decleor Oressence Energy<sup>3</sup>

90 minutes

£95

Featuring a unique combination of Essentials Oils and plant oils, ORESSENCE ENERGY<sup>3</sup> includes the award winning salon mask, power-packed with vitamins and anti-oxidants, and the heavenly Aromatherapy full body massage using an incredibly effective elixir of plant oils rich in Omega 6 & 9 and Vitamin E, expertly mixed with three 100% pure & active precious blends of Essential Oils. The most blissful way to soothe the body and mind, you will feel revitalised and the energy levels rebalanced. Skin is left deeply cleansed, perfectly replenished and glowing with youthfulness and vitality.

### Chakra Balancing Body Treatment

1hr 50 minutes

£125

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind. Includes: Body exfoliation - massage with hot stones - head massage.

### Anti-Cellulite Hip & Thigh Treatment

55 minutes

£65

A highly effective stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts and a deep detoxifying massage, it achieves great results. Includes: Skin brush - detoxifying salt and oil scrub - detoxifying massage to specific areas - reflex zone pressure points to the feet.

### Deep Cleansing Back Treatment

55 minutes

£60

A stress-relieving back treatment to help stimulate both circulation and cell renewal. Body brushing and exfoliation are followed by a luxurious aromatherapy back massage and personalised mask using individually chosen essential oils combined with warmed marine mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed. Includes: Skin brushing - exfoliation - aromatherapy back massage - marine mud mask - lower leg massage

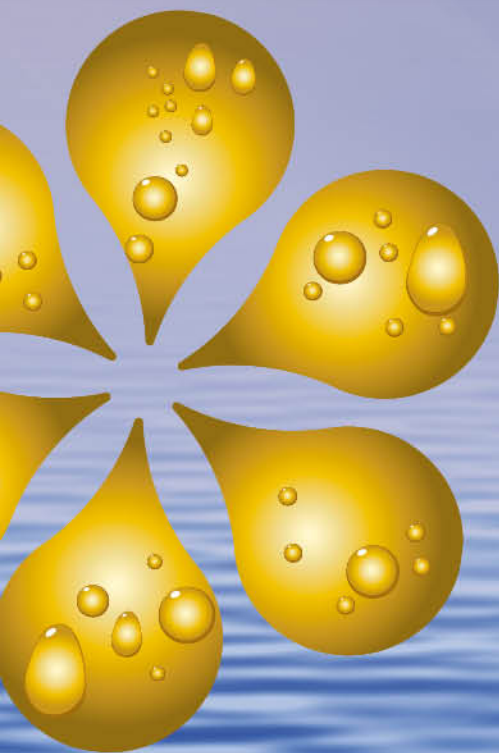


# experience the journey

**Massage for Two**  
**1hr 55 minutes**

**£65 per person\***

Experience the joy and serenity of a massage with a loved one or friend in the privacy of your own Hidden Sanctuary. You can relax together while receiving a wonderful therapeutic body massage. At the end of your treatment you will be taken to your own personal sleep pod with a refreshing Elderflower water so you can float off, unwind, have forty winks and catch up on some "me time for two".



\* Time indicated includes sleep pod for 1 hour

the hidden sanctuary

# together

## **Lifehouse Hidden Sanctuary Experience**

**2hr 55 minutes**

**£95 per person\***

The Hidden Sanctuary is the ultimate spa experience; the perfect way to de-stress and unwind.

Together in your own private spa area, the journey begins with a full body exfoliation using DECLEOR's essential oils and fruit seeds tailored to your skin's needs.

You will both then be led through to your own private pool where warm water, waterfall and soft music comforts the body and mind, transporting you into a deep relaxation. A soothing herbal tea will be served as you enjoy this oasis of serenity.

Your exquisite spa experience continues in a twin treatment room with a heavenly 55-minute DECLEOR Aromatherapy full body massage using an effective elixir of plant oils rich in Omega 6 & 9 and Vitamin E, expertly mixed with three 100% pure & active precious blends of Essential Oils.

After your treatment, you will continue to relax in your own personal sleep pod complete with a refreshing elderflower drink to unwind for an hour.



# mum-to-be

## Pre & Post Natal Treatment\*\*

55 minutes

£70

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

## Maternity Massage\*\*

55 minutes

£65

A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy. This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.

Depending on your requirements, may include: Body massage - scalp massage.

## ESPA Personalised Facial\*\*

55 minutes

£65

When you are pregnant your skin goes through a lot of changes so our therapists will select the most suitable products for your skin's needs. Every personalised facial begins with a triple cleanse, exfoliation followed by a pressure point and lymphatic facial massage finishing with a personalised facial mask to suit your skin.

## DECLEOR Lifehouse Discovery Facial\*\*

55 minutes

£65

Discover why Decleor facials are world famous with this rescue remedy for perfectly radiant skin. Includes revitalising massage, essential oils and a gentle polish to wake-up tired skin, leaving it fresh and radiant.



\*\*Please be advised that you cannot have the treatments above until you are 12 weeks or have had your first scan.

# for men

## **DECLEOR Intensive Energising Face Treatment**

**55 minutes**

**£65**

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 & youthful.

## **ESPA Skin Reviver**

**55 minutes**

**£65**

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, our therapists will tailor the treatment to suit your skin's needs. A Clarisonic deep facial cleansing brush is used to resurface and brighten. Includes: Triple cleanse - exfoliation - facial massage - mask.

## **ishga Detox Facial**

**50 minutes**

**£65**

A rejuvenating facial designed to revitalise and repair. The organic range of products combine mineral rich seaweed as the main ingredient, along with natural healing spring water, aloe vera, macadamia nut oil and cucumber extract. Seaweed is high in vitamins, minerals, trace elements and natural antioxidants that are considered essential for maintaining healthy, youthful skin. Suitable for all skin types. Particularly useful for toning, firming, nourishing but also repairing and protecting the skin from environmental damage.

## **ESPA Stressbuster**

**1hr 50 minutes**

**£125**

Ideal for men suffering with stress related tension, business pressure and a fast-paced lifestyle. Gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stones and scalp massage. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed. Includes: Body exfoliation - body massage with hot stones - scalp massage.

## **DECLEOR Intensive Energising Body Treatment**

**55 minutes**

**£70**

Blitzes tension, boosts energy levels and re-charges the mind, this deeply revitalising treatment includes a powerful therapeutic massage to blast away muscular and mental aches and pains. Leaves mind and body ready for action.



# fingers & toes

## Spa Ritual Manicure

45 minutes

£40

A manicure to relax, refresh and energize your senses. This treatment includes a luxury nail bath with Camomile and Hibiscus, a hand and arm massage using a blend of essential oils, nails and cuticles tidied and shaped then all rounded off beautifully with a nail paint of your choice.\*

## Spa Ritual Luxury Manicure

1hr

£50

Our luxury manicure takes you to the ultimate level of relaxation. You start with a sensory infusion of your chosen fragrance, followed by a full arm and hand exfoliation. A warm paraffin wax shell then encases your hands to relax and soften the skin and this is followed by a full arm and hand massage using calming or uplifting essential oils. Maintenance of nails and cuticles is then polished off perfectly with nail paint of your chosen colour.

## Spa Ritual Pedicure

45 minutes

£45

A pedicure to relax & rejuvenated the body and mind. This treatment includes a luxury foot bath with Camomile and Hibiscus, a foot and lower leg massage using a blend of essential oils, nails and cuticles are tidied and shaped then rounded off beautifully with nail paint of your choice.

## Spa Ritual Luxury Pedicure

1hr

£55

Our luxury pedicure gives you the ultimate sense of wellbeing and relaxation. Your pedicure begins with a sensory infusion of your chosen fragrance, followed by a lower leg and foot exfoliation. A paraffin wax shell then encases your feet to relax and soften the skin and this is followed by a lower leg and foot massage using calming or uplifting essential oils. Nail and cuticle work is then carried out and polished off perfectly with a nail paint of your chosen colour.

## Jessica GELeration Gel Manicure

55 minutes

£45

Includes cuticle care, massage, nail shape and finished with Jessica's GELeration gel polish.

## Jessica GELeration Gel Pedicure

55 minutes

£50

Includes cuticle care, massage, nail shape and finished with Jessica's GELeration gel polish.





# additional treatments

## Body Bronzing

### Spray Tan

25 minutes

£25

Fast drying super-fine airbrush tan is applied to your entire body, or specific areas, giving you a long lasting natural sun kissed glow.

### Professional Application Tanning

1hr

£65

All the body beautiful benefits of a sun kissed tan without the sand stuck between your toes and the UV damaged skin.

## Thalgo Eye Massage

### Thalgo Eye Massage Mask

15 minutes

£15

An innovative professional mask offering a range of treatments to rejuvenate the eye contour and decrease puffiness, dark circles and wrinkles. Can be in addition to a pedicure and /or manicure or booked as a treatment by itself.



# living well

## Life Balance Consultations

**1hr**

**£65**

Your health is your most important asset so we think you will appreciate our naturopath's friendly and common sense approach to helping you rebalance your health in a natural way. Choose from the following or request a tailored consultation specific to your own requirements.

Nutritional Tune-Up - Weight Loss - Vital Energy - Bones & Joints - Digestive Health - Immune Boost - Diabetes - Blood Pressure & Cholesterol - Fertility Enhancement - Prostate Health - Menopause.

## Food Intolerance Testing

**90 minutes**

**£120**

**For couples 2 hrs**

**£200**

**Re-test follow up 50 minutes**

**£75**

A food intolerance can be a catalyst for a whole myriad of symptoms ranging from headaches, bloating, weight gain, IBS and feeling tired all the time. Using a simple finger prick blood test to check for food antibodies this is the only test where results are ready in the consultation room. You will also receive a comprehensive naturopathic assessment plus a folder of handouts for support once you get home.

## Coeliac Testing

**60 minutes**

**£75**

Coeliac disease is an auto-immune disorder caused by a permanent intolerance to gluten found in grains such as wheat, rye, oats and barley. It is believed to affect 1 in 100 people making it much more common than previously thought. Your consultant will use a simple finger prick test method to quickly determine the result and then guide you accordingly with sound nutritional advice.

You can include Coeliac Testing in your Food Intolerance Testing Consultation - add £30



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

# living well

## Flower Remedies Consultation

**1hr** **£50**

Often confused with aromatherapy, flower essences are the energetic imprint of a flower at the height of its potency. Flower Remedies are an ancient system of medicine first discovered by the Australian Aboriginals and later developed by Dr Edward Bach, famous for his Rescue Remedy. This session will help to identify any imbalances from your 'filing cabinet of life' and address these with the appropriate essences. You will receive your own tailored bottle of Australian bush flower remedies at the end of the session.

## Energetic Balancing and Harmonising

**1hr** **£85**

**90 minutes** **£120**

**Sampler session 20 minutes** **£30**

When we experience imbalances at a mental, emotional or spiritual level there can often be a corresponding physical imbalance. Your therapist will draw upon a varied range of techniques to encourage deep healing to the physical body and harmonise the entire energy system. Afterwards you will feel more balanced, calm, centred and deeply relaxed. An Australian Bush Flower remedy may be prescribed, at additional cost, to support on-going healing after your session. Please wear comfortable clothing for this therapy.

## Myotherapy

**30 minutes** **£50**

**55 minutes** **£85**

Myotherapy is a breakthrough in all back pain and muscle tension. It works by combining a simple, empirical muscle testing technique called kinesiology together with deep pressure point therapy to relieve abnormal muscle tension. The underlying magic is the skillful application of both in a unique manner. Myotherapy has only one focus and outcome - to return the neuromusculoskeletal system to optimal function.

## Life Enhancement Coaching\*

**1hr** **£85**

**90 minutes** **£120**

**Couples coaching 2hrs** **£200**

Lifeshouse is the perfect place to relax away from the stress and strains of daily life and take time to review your goals and life plan. 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 the right track.



# living well

## **Recovery Treatment**

**55 minutes**

**£65**

Prepare for total nurturing with the reassurance that you will be in safe hands. With the expert guidance of one of our specially trained therapists you choose how you would like your treatment to be. As an example, you may feel like a shoulder and neck massage with a mini facial or a comforting foot massage with some relaxation techniques to make you feel balanced and centred. Any combination is possible. Treatments can be performed in a number of ways to suit any physical challenges and can be performed with oils or while wearing loose comfortable clothing.

## **Reflexology**

**50 minutes**

**£60**

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.

## **Indian Head Massage**

**45 minutes**

**£50**

An ancient Indian head massage including the shoulders, neck, scalp, head and face.

## **Physiotherapy\***

**30 minutes**

**£35**

**1hr**

**£60**

Therapeutic and educative based sessions focused on restoring, maintaining or developing optimum physical movement and function following injury, accidents, operations or repetitive strain type issues.

## **PhysioFit\***

**30 minutes**

**£30**

A new personal training service from our in-house physiotherapist aimed at those tentative about getting back into fitness after an injury or illness. Also for those new to exercise or of a more advanced age who prefer the safety net of training with a physiotherapist.

## **Postural Check-Up\***

**15 minutes**

**£15**

We could all do with a postural assessment from time to time. Are you someone that routinely carries your heavy bag on one shoulder or have you noticed that you wear out the heels of your shoes in a certain way? Come and see our physiotherapist and she'll help to sort this for you in no time.

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

# finding stillness

## **Holistic Harmony**

**55 minutes**

**£95**

Surrender your senses with our unique four hand therapy combining therapeutic massage and healing touch. Feel totally indulged while two skilled therapists work in harmony to ease any aches and tension and intuitively balance and restore energy meridians. Prepare to float out of the treatment room.

## **Personal meditation sessions**

**30 minutes**

**£25**

**1hr**

**£45**

**Couples 1hr**

**£55**

A contemplative practice using breathing and visualization to achieve ultimate relaxation, clarity and purpose in one's life.

## **Reiki**

**50 minutes**

**£60**

A gentle healing process, performed while fully clothed, aimed at restoring harmony to mind, body and spirit.



# fitness

## Expert one-to-one personal training to enhance fitness levels and develop core strength.

### Personal Training

1hr

£45

60 minute bespoke, one to one training session with one of our fitness team, focusing on the areas and types of fitness you enjoy and find most beneficial.

### Group Training\*

1hr

£60

A gym/studio based session for people who like to train as a group with a more personal touch. One of our personal trainers will take you through a session full of variety, motivation and fun.

### Outdoor Group Circuit\*

1hr

£60

A group session based on our 1.5km trim trail with strategically placed exercises stations such as monkey bars, balance beams and an abdominal station. This session caters for all levels of fitness and holds up to a maximum of 6 people.

### Pad Boxing\*

1hr

£30

A one to one session with one of our personal trainers that will take you through traditional boxing techniques and also provide a highly energetic and intense workout. Pad box is suitable for all levels of fitness.

### Vinyasa Flow Yoga 1-2-1\*

1hr

£60

One to one session with our yoga expert. Receive a tailor made yoga programme guaranteed to balance your body and invigorate your mind.

\*Advance reservation required.



# opening hours

## **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 June 2014

## **Valuables**

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

## **Prices**

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

## **Gym**

A state-of-the-art gym equipped with the Matrix cardio vascular and strength machines and free weights area. Personal trainers are optional.

Monday to Friday 6.30 - 22.00

Saturday & Sunday 6.30 - 21.00

## **Hydrotherapy & swimming pool**

The 18.5 metre pool and hydrotherapy pool with water massage jets are available to hotel guests, members and day spa guests. We advise guests to remove jewellery before using the pool and hydrotherapy pool.

Monday to Sunday 6.30 - 22.00

## **Spa reception & relaxation area**

Monday to Sunday 8.00 - 21.00

## **Spa treatment times**

Monday to Sunday 9.00 - 21.00

## **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.

## **Spa facilities**

Sauna, steam room, salt inhalation room, tropical showers, hydrotherapy pool, 18.5 metre swimming pool, spa changing facilities and relaxation area.

## **Spa café**

Offering nutritional and healthy snacks, teas, coffees, juices and fresh fruit smoothies.





### 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](http://www.lifehouse.co.uk)

For General Enquiries, please call **01255 863400**  
If you would like to make a spa treatment reservation or enquire about Membership, please call **01255 863420**

For Reservations, please call **01255 860050**  
Lifehouse Spa & Hotel can arrange a meet and greet service from Thorpe-le-Soken train station. Please book in advance by calling **01255 863400 ext #4** (a small charge may apply)

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[www.lifehouse.co.uk](http://www.lifehouse.co.uk)

