EXOTIC SPA JOURNEYS AND LUXURIOUS ESCAPISM TAKING YOU TO ANOTHER WORLD
If you are looking for pure indulgence and total relaxation, the Spa at The Daffodil will certainly not disappoint. We are proud to offer a stunning complement of therapeutic and rejuvenating face and body care therapies, using the best products with the finest ingredients from top European skincare house Germaine de Capuccini.

Guests at the Spa can choose from a variety of therapies which include ritualistic massages from around the world, our very own signature therapies, an expertly chosen range of Germaine de Capuccini facials, exfoliations and much more.

Our team of experienced and highly qualified therapists are on hand to guide you through a Spa Journey designed especially for you and are more than happy to advise on therapies bespoke to your requirements.
The premium products and therapies offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered only by the most highly trained beauty and spa therapists in the industry.

Germaine de Capuccini has developed some of the world’s most talked about skincare and spa therapies. The successful combination of natural active ingredients with cutting edge technology has enabled the company to develop some of the most influential skincare products and professional spa therapies the beauty industry has ever seen.

Germaine de Capuccini has seen phenomenal growth from those humble beginnings over 46 years ago. Today it incorporates the experience of more than two hundred specialised professionals, all dedicated to skin, body and spa care. Germaine de Capuccini is now the preferred brand choice in more than 10,000 spas and salons across 84 countries.

If environmental issues are your concern, the Germaine de Capuccini Carbon Zero policy backed by official certification means that they not only recycle and re-use, but they also plant trees to offset any small amounts of Carbon produced.

“GERMAINE DE CAPUCCINI IS DEDICATED TO KEEPING YOU, AND THE PLANET, BEAUTIFUL.”
The Spa at The Daffodil aims to offer the most stylish, relaxing and luxurious facilities in Cumbria. We only allow adults in our Spa enabling you to quietly relax away for an hour or two in the following:

**THERMAL POOL**

Our indulgent Thermal Pool will be different than any other you have experienced. Whether you have tired legs from walking in the surrounding fells or simply need some time off from the hectic lives we all lead – our Thermal Pool is your perfect tonic.

**SAUNA & STEAM ROOM**

Whether you prefer the earthy aromas of the Sauna or the steamy atmosphere infused with revitalising scents of our Steam Room; indulge in them both at our Spa. Large enough to accommodate you and your friends, not so small that you can't glow in peace.

**TEPIDARIUM**

At the Spa at The Daffodil, we are great believers in a bit of ‘you’ time, so unwind and spend a relaxing hour or two in our Tepidarium. Specifically named, as tepid air induces relaxation – your every comfort and needs are pampered prior to or post therapy. We don’t even mind if you just fancy a quick snooze! Please note that the Tepidarium is only for guests booking therapies.

**THERAPY ROOMS**

Our therapy rooms have been designed with escapism, peace and tranquillity in mind – select your chosen therapy, sit back and enjoy the ultimate in relaxation and rejuvenation. We also offer a double therapy room for guests wanting to book therapies together.
MAKING A SPA THERAPY BOOKING

Individual therapies, along with Spa Day bookings, can be made by directly contacting the Spa:

PHONE | 015394 63570
EMAIL | SPA@DAFFODILHOTEL.COM

DAY SPA VISITS & NON-RESIDENTS

We would love to welcome day Spa visitors and non-residents to The Daffodil and have designed some luxurious packages with this in mind - everyone deserves some indulgent pampering!

How it works:

BOOK ANY THERAPY FROM OUR THERAPY MENU
ADD 2 HOURS USE OF THE THERMAL POOL, SAUNA & STEAM ROOM FOR £30 PER PERSON (INCLUDING TOWEL, ROBE & SLIPPERS)

All our prices are inclusive of VAT; however we reserve the right to amend prices without prior notification. All of our Spa therapies are subject to availability. With regard to our Spa Days, we would require a full pre-payment on booking to secure your appointment. In the case of a gift voucher or credit note, the reference number will be required upon booking.
OUR INDULGENT THERMAL POOL IS THE PERFECT TONIC TO RELAX, REST AND REVIVE. MOVE AROUND EACH SECTION, ALLOWING THE WATER JETS TO TARGET DIFFERENT AREAS OF THE BODY...
BEFORE YOUR ARRIVAL...

**SPA SCHEDULING**

To avoid disappointment we recommend that you book ahead for your chosen therapies, we request that you give as much notice as possible as availability can be limited, especially at weekends. You may request a specific therapy or therapist when booking your therapies, however we cannot always guarantee we will have your request available at all times.

**ARRIVAL AT THE SPA**

All Spa guests are asked to arrive at least 15 minutes prior to the start of their first therapy, this is so we can familiarise you with your surroundings and allow you to unwind in our Tepidarium. You will also be required to fill in any relevant medical questionnaires prior to your therapy. Please note, any late arrivals to the Spa will be amended accordingly and no pricing can be adjusted due to a late arrival.

**PREPARATION**

You are not required to bring anything with you when you embark upon your Spa journey, however if you would like to bring a good book or a personal music system, please feel free. We ask that any music be kept to a low volume. Please also note the Spa does not accept liability for the loss or theft of personal items. In preparation for your Spa therapies, we would ask that no alcohol be consumed 24 hours prior to your visit and we suggest that adequate amounts of water are consumed following your therapies and thermal experiences to keep you hydrated. Please note, we do not permit the use of mobile phones anywhere within the Spa area, this is to ensure peace and tranquillity not only for yourself but for other Spa guests as well.

**SPECIAL CIRCUMSTANCES**

Upon the booking of your therapies, please notify the Spa Team if you have any medical considerations that could affect your therapy choice, as some therapies may not be appropriate. In this instance, an alternative will be offered where possible. However, please note there are certain medical conditions which may result in no alternatives being available, therefore it is always best to ask on booking for advice if unsure.
CANCELLATIONS & AMENDMENTS TO BOOKINGS

Should you need to cancel a confirmed therapy reservation, please allow us 24 hours notice prior to the original booking and we will be more than happy to reschedule this for you. In the instance of a cancellation made within the 24 hours, the price will be charged in full. For any Spa Days, we would require a minimum of 72 hours notice. Spa Days are strictly non-refundable and can be rearranged once only.

SPA ETIQUETTE

Please have consideration for other Spa guests. As explained, mobile phone use is highly discouraged within the Spa area as this distracts you from your overall relaxation. In addition to this, within the relaxation area, conversations are fine, but please moderate your voice as other guests may be enjoying a post therapy sleep. All guests using the Spa must be aged 16 or over and those under 18 must be accompanied by an adult.

We request that no outdoor footwear is to be worn in the Spa thermal areas. We also ask that during therapies, all guests keep their under garments on. Disposable underwear can be provided if required.

In the unlikely event you are unhappy with your Spa experience, we ask that you raise any issues of concern immediately so that we may be given every opportunity to resolve them before you leave our Spa.

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FULL SPA DAYS

If you are looking for a unique Spa Day experience then The Daffodil is for you. Combining stylish design, a relaxing ambience, top class facilities and the world renowned expertise of Germaine de Capuccini, we believe a Spa Day like no other is guaranteed.

All of our full day packages include the following:

TOWELS, ROBES & SLIPPERS
LIGHT LUNCH
FULL USE OF THE SPA FACILITIES
COMPLIMENTARY HOT & COLD REFRESHMENTS
Based on the traditional Chinese philosophy we relate our Spa Day Journeys with the five elements of nature: wood, fire, earth, metal and water. Encompassing the natural beauty of the Lakes, and our Daffodil Spa facilities with your individual needs, we bring to you a choice of Day Spa Journeys and experiences to create the right well-being to restore your mind, body and soul. Choose from one of the following or allow our experienced therapists to recommend the right Spa Day for you:

**FULL SPA DAYS**

**CHOOSE YOUR SIGNATURE JOURNEY**

**FIRE | RELAX | FOR A CALM BODY & MIND**

Our Fire Spa Day, is aimed at total relaxation for those in need of some me time, this package includes:
- Skin-ZEN Calming Rose Facial
- Obsidian and Onyx Back Ritual
**THERAPY TIME 90 MINUTES, £115PP**

**WOOD | STIMULATING | SUITABLE FOR POOR CIRCULATION**

Designed for those in need of a body boost, awakening the senses with the wood symbol, this Spa Day includes:
- Back Exfoliation
- Aroma Back and Scalp Massage, with a blend of oils (mint, sage and cinnamon)
- Energising Leg Therapy
**THERAPY TIME 90 MINUTES, £95PP**

**EARTH | DETOXIFYING | DEEP BODY CLEANSING**

For those wanting to detoxify, drain and eliminate water retention to restore inner well-being. The Earth Detoxifying Spa Day includes:
- Exfoliation and Deep Sea Mud Wrap
- Express Facial
**THERAPY TIME 90 MINUTES, £120PP**

**METAL | VITALITY | FOR A SKIN & MIND BOOST**

The metal Chinese symbol relates to restoring vitality to the mind and body. This Spa Day includes:
- Vitamin C+ Boost Facial
- Tranquil Scalp Therapy
**THERAPY TIME 90 MINUTES, £115PP**

**WATER | HYDRATION | FOR NATURAL SKIN & BODY REHYDRATION**

Immerse yourself in the Lakes with our Hydration Spa Day. With regenerating and nourishing therapies, your Spa Day includes:
- Salt and Oil Back Exfoliation
- Back Massage with Olive and Rosemary Candle
- Spa Hydrating Express Facial and Nourishing Hand Treatment
**THERAPY TIME 90 MINUTES, £120PP**
FULL SPA DAYS
PREGNANCY PACKAGES

Full Day Spa experiences designed especially for pregnancy. There's nothing like having a little bit of 'me time' when you're pregnant and our pregnancy packages are a great way to revitalise and get prepared for your new little arrival.

MATERNAL MOMENTS
Take some time to relax and take the weight off your feet as your therapy commences with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension, before we provide a relaxing back massage with soothing effleurage movements and a Collagen Firming Massage Cream. Your therapy continues with our warm steamed towel Kobido facial cleanse, exfoliation and infusion of Vitamin C rich products to revitalise your skin. As you continue to relax with your facial mask in place – we'll perform a hand, arm and abdomen massage. Your therapy then concludes with our cooling leg massage, easing away the tired, heavy leg feeling often associated with pregnancy – the perfect package for mum to be!

THERAPY TIME 1 HOUR 25 MINUTES, £110PP

PREGNANCY PAMPER
Take some time to relax and take the weight off your feet with this specially designed full body massage. Our highly trained therapists will commence with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension. This therapy uses our Collagen Firming Massage Cream to firm, tone and target stretch marks through a relaxing massage with soothing effleurage movements.

THERAPY TIME 55 MINUTES, £85PP

Please note: All body therapies and body massages are not suitable during the first trimester of pregnancy.
FULL SPA DAYS
COUPLES

Experience a luxury Spa Day with our Daffodil Couples Package. Your day will begin in our Mud Rasul room, followed by a choice of one of the following 55 minute therapies for you to enjoy in our double treatment suite:

CANDLE MASSAGE
AROMATIC BACK EXFOLIATION
PRESCRIPTIVE FACIAL
WALKERS RETREAT & SCALP MASSAGE
BACK & SCALP MASSAGE

THERAPY TIME 1 HOUR 45 MINUTES, £220 PER COUPLE
HALF DAY SPA ESCAPES
(MONDAY–THURSDAY)

Retreat to the Daffodil Hotel & Spa for a mini Spa experience of 4 hours. Relax and unwind in our indulgent Thermal Pool, Sauna, Steam Room and Tepidarium. For an extra treat, add lunch or perhaps Afternoon Tea to your package and receive 20% off food purchased from our Dining Room, Lounge, Lobby Bar or Terrace.

MORNING SPA ESCAPE (10AM–2PM)
AFTERNOON RETREAT (1PM–5PM)

Half Day Spa packages include the following:

FULL USE OF THE SPA FACILITIES FOR 4 HOURS
ROBES, TOWELS, & SLIPPERS
COMPLIMENTARY HOT & COLD REFRESHMENTS

CHOICE FROM ONE OF THE FOLLOWING THERAPIES:
- Classic Spa Facial
- Aroma Sperience Massage
- Luxury Hand or Foot Treatment
- Express Facial and Back Massage
55 MINUTES

OR

A CHOICE OF 2 OF THE FOLLOWING THERAPIES:
- Pure Sea Salt Exfoliation
- File and Polish
- Express Facial
- Tranquil Scalp Therapy
25 MINUTES

£80PP
MUD RASUL: A COMPLETE RELAXATION OF ANCIENT MIDDLE EASTERN ORIGIN, THE RASUL BATH ALLOWS THE BATHER TO APPLY NATURAL MINERAL MUD PRODUCT TO THE FACE AND BODY...
MUD RASUL THERAPY

A complete relaxation of Ancient Middle Eastern origin, the Rasul therapy allows the bather to apply natural mineral mud product to the face and body, before the room lighting is gently dimmed and relaxing fibre optic lighting fills the ceiling. The bather sits in the enfolding warmth of heated individual seats, before steam is introduced into the Rasul.

Warmth of the steam opens the pores and allows the enriched products to enter the body, where it stimulates the blood flow, helps revive the tissue and detoxifies the lymphatic system. After approximately 20 minutes the treatment is brought to an end when a warm shower mist descends from the ceiling to gently wash away the remaining product.

CHOICES OF RASUL EXPERIENCE:

SKIN DRENCH
Our Skin Drench experience commences with a salt and oil scrub combined with geranium and coriander. The natural mud will leave your skin feeling hydrated and refreshed.

CITRUS BODY BLAST
A zesty treat for your skin and your senses with our zingy lime and lemongrass salt and oil scrub - envelop yourself in our detoxifying mud. Moisturise with our rich citrus blast body cream to leave your skin silky smooth and glowing.

PEPPERMINT RASUL
A zingy peppermint exfoliator prepares your skin for the deep cleansing and detoxifying Rasul mud, followed by subtle scents of fig and vanilla that hydrate and moisturise, leaving your skin feeling smooth, soft and gorgeous.

£90 PER COUPLE

*Please note that our Mud Rasul Therapy is a self-application treatment (without our Spa Therapist) in order to provide you with a private relaxation experience.

SEASONAL OFFER: £59 PER COUPLE
Throughout the year we select Rasul mud with the seasons in mind, please visit our website for more details.
THE DAFFODIL SPA
CLASSIC FACIAL
A 5 star therapy for all skin types. We will provide you with a prescriptive treatment designed especially for your skin. Regardless of your skin type, age or concerns, this facial will specifically cater to your skin’s needs. Your facial includes a highly relaxing anti-ageing facial massage, together with a Warm Pinda Scalp Massage, leaving your skin fresh, clear and radiant.
THERAPY TIME 55 MINUTES, £60

DAFFODIL
BOTANICAL FACIAL
An anti-stress therapy with Rose Extract and Royal Jelly. This beautiful facial therapy is rich in natural botanical and restorative ingredients, such as rose petals, Rosehip Oil and Royal Jelly, all with a highly soothing, anti-stress action on the skin. This facial nourishes, repairs, protects and strengthens the skin from all elements caused through emotional and physical stress.
THERAPY TIME 55 MINUTES, £65

PURE EXPERT | FOR OILY, ACNE & YOUNG SKIN (SUITABLE FROM 16+)
A facial designed to target oil and sebum production in the skin, whilst calming and soothing the skin with extracts of willow herb, manuka, liquorice and red clay. A deep cleansing facial for all ages and suitable for both men and women.
THERAPY TIME 40 MINUTES, £50

VITAMIN C+ (A.G.E) | ANTI-AGEING FACIAL
A facial packed with Vitamin C to deliver a boost to any skin type. This facial also uses Japanese plum extract, Ume, to target glycation, caused by excess sugar and free radicals. With immediate results Vitamin C is required to boost the skin’s natural defense mechanism and stimulate collagen production. Provides luminosity, vitality and firmness.
THERAPY TIME 55 MINUTES, £75

THE ULTIMATE LIFTING ANTI-AGEING THERAPY
Truly anti-ageing and using the very latest innovations, and revolutionary massage techniques to “lift and fill” the contours of the face, The V-Matrix Complex is exclusive to Germaine de Capuccini. This exceptional new treatment offers the very best in visually instant results with an Ultimate Facial Divine Massage therapy.
THERAPY TIME 75 MINUTES, £85

TIMEXPERT INTENSIVE EYE THERAPY | SPECIFICALLY FOR LINES & WRINKLES
An extraordinary treatment that works effectively against wrinkles from within, filling in and inhibiting the formation of new expression lines. With the active ingredients (exclusive to Germaine de Capuccini) Pro-Collagene-Fill to increase the skin’s production of collagen and elastin and Micro-Dermoxine Complex inspired by the microinjections of botox and collagen, it neutralises the effects of facial micro tensions around the eye area.
THERAPY TIME 25 MINUTES, £40

THERAPY ADDITIONS
Extend your therapy with one or more of the following 15 minute add-ons:
TIMEXPERT INTENSIVE EYE THERAPY
GLYCOCURE DEEP INTENSE PEEL
TRANQUILLITY SCALP THERAPY
SOOTHING FOOT MASSAGE, £15 EACH
MASSAGE THERAPIES

Germaine de Capuccini World of Aroma, Sperience Massage. An aromatherapy massage designed to suit your needs and mood. Choose from one of our 5 pre-blended oils. Your therapist will then use specific movements to target your concerns.

**FIRE**
A warming, relaxing massage blended with lavender, sandalwood and ylang-ylang to help calm, soothe and alleviate anxiety.

**EARTH**
An anti-cellulite massage working on the contours of the body and targeting the stomach area to aid congestion, with essential oils of cedarwood and juniper.

**METAL**
A revitalising massage with lemon, lime and nutmeg, to uplift the mind and body.

**WOOD**
A stimulating massage with essential oils of mint, sage and cinnamon designed to help improve circulation.

**WATER**
A massage to assist with rehydration and regeneration of the body. This therapy will soothe the mind and assist with fluid retention in the legs using geranium, patchouli and coriander.

**AROMA BACK & SCALP MASSAGE**
Select your choice of preferred aroma blend from our range of oils, to suit your mood. Relax with a back and neck massage to ease tension. Your treatment is complete with a nourishing scalp massage with a revitalising scalp and hair oil.

**THERAPY TIME 45 MINUTES, £40**

**MEDITERRANEAN LIGHT**
A Mediterranean Light Candle is burned, emitting a wonderful fragrance. The warm shea butter wax from the candle is then poured over the body with a prolonged body massage to ease tension and relax the mind. Choose from rosemary, citrus or lavender aromas.

**THERAPY TIME 70 MINUTES, £65**

**WALKERS THERAPY**
A perfect treatment for tired, achy legs - our Baobab Energising Leg Treatment. This treatment commences with an exfoliation, followed by a massage to the legs and finishes with a touch of dreamy leg gel, leaving you radiant and walking on air!

**THERAPY TIME 25 MINUTES, £40**
BODY ELEMENTS
A traditional massage combined with unique massage tools. Take refuge with our elemental massage, combining traditional ‘hands on’ massage with Pindas and Ritual Sticks, reflex points and muscular areas prone to tension. Through a brief sensory smell selection, choose one of our 5 pre-blended oils: Relax, Revitalise, Hydrate, Energise or Detox. This therapy will leave your mind, body and soul balanced and re-harmonised.
THERAPY TIME 70 MINUTES, £70

OBSIDIAN & ONYX FACE & BACK RITUAL
An ancient therapy based on the wisdom of the Incas that combines warmed Obsidian Stones with Iced Onyx Stones in the most incredible massage ritual that releases negative energy and emotions whilst inducing a deep sense of calm and wellbeing and a sense of total inner peace. This therapy commences with a back and scalp massage using semi-precious stones and is complete with a facial incorporating the stones, oriental floral massage oil and the powers of Rosehip Oil.
THERAPY TIME 75 MINUTES, £65

PHYTOCARE THERAPIES

Our range of Phytocare therapies use the exceptional powerful superfood from the Tree of Life and the organic Baobab fruit. Collected by the local farmers, for whom Germaine de Capuccini provide 25% higher wages, supporting fair trade for Africa. Germaine also work closely with UK base training foundation - Amethyst Trust who offer training courses for therapists, treating clients with cancer using the Phytocare range.

MOROCCAN OIL RITUAL
Created from the organic seed of Baobab extracted from the Tree of Life, this superfood delivers an excellent nourishing and firming body massage and exfoliation. Combined with 4 natural oils, such as apricot and carrot oil, and rich in amino acids and vitamins. A truly wonderful aroma and excellent for very dry skin conditions as well as ideal pre and post-natal.
THERAPY TIME 75 MINUTES, £70
Suitable for pregnancy

TRANQUILLITY SCALP THERAPY
A therapy designed to ease the tension and stress that can accumulate in the scalp and neck, incorporating Germaine de Capuccini Baobab Hair Oil to help to nourish and moisturise the hair and scalp.
THERAPY TIME 25 MINUTES, £40
Suitable for pregnancy
EXFOLIATION & WRAP THERAPIES

BAOBAB SEED
Using the seed of the Baobab combined with nourishing oil to gently exfoliate and hydrate the skin - our bestselling exfoliator for the body.
THERAPY TIME 25 MINUTES, £40
Suitable for pregnancy

PURE SEA SALT
Our Sea Salt Exfoliator uses pure salt from the Mediterranean coastline for the perfect deep exfoliation, combined with a nourishing oil.
THERAPY TIME 25 MINUTES, £40

SMOOTH AS CHOCOLATE
Breathe in the heavenly aroma of pure chocolate! This treatment commences with an exfoliator rich in cocoa extracts that hydrate and nourish the skin. Following this a rich Chocolate Body Butter is applied to nourish and soothe dry skin. A gentle full body softening exfoliation for all chocoholics!
THERAPY TIME 25 MINUTES, £40

CITRUS BOOST EXFOLIATION & WRAP
Packed with extracts from Sicilian oranges, this powerful therapy commences with butter and apricot stone particles to gently exfoliate the skin, whilst nourishing the skin with shea butter, followed with a nourishing and firming Citrus Body Wrap and complete with a light moisturising body cream with the aroma of water melon - a truly nourishing and refreshing citrus boost!
THERAPY TIME 55 MINUTES, £70
Suitable for pregnancy

BODY CLEANSING DEEP SEA MUD WRAP
Our Body Cleansing Wrap is a powerful mud based wrap with extracts of freeze dried algae from the coast of Brittany, an area rich in some the world’s best seaweed known for the outstanding results in mineralising and detoxifying the skin. Combined with a sea salt exfoliation to prepare the skin, remarkable results and the fresh air of the Lakes, your body will feel totally cleansed and restored.
THERAPY TIME 75 MINUTES, £80

ULTIMATE CHOCOLATE THERAPY
Utterly delicious and perfect for those who adore chocolate! Deeply hydrating and regenerating, this treatment commences with our chocolate scrub full body exfoliation, followed by envelopment in our self-heating Chocolate Body Wrap whilst you relax and enjoy a scalp massage. Following removal of the wrap the treatment finishes with application of creamy Chocolate Body Butter... A much loved treatment of chocoholics!
THERAPY TIME 75 MINUTES, £60

A TOUCH OF SILK
A luxury envelop in a precious ‘silk’ balm, like a second skin. This exquisite treatment commences with an exfoliation followed by a mask that deeply hydrates and provides your skin with a satin appearance and a silky touch. Warm Pindas and a soothing scalp massage will relax the body.
THERAPY TIME 55 MINUTES, £55
MATERNAL TOUCHES

We know that during your pregnancy you still want to feel pampered and even more so, relaxed.

MATERNAL MOMENTS
Time to relax and take the weight off your feet as your therapy commences with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension, before we provide a relaxing back massage with soothing effleurage movements and a Collagen Firming Massage Cream. Your therapy continues with our warm steamed towel Kobido facial cleanse, exfoliation and infusion of Vitamin C rich products to revitalise your skin. As you continue to relax with your facial mask in place – we’ll perform a hand, arm and abdomen massage. Your therapy then concludes with our cooling leg massage, easing away the tired, heavy leg feeling often associated with pregnancy – the perfect package for mum to be!
THERAPY TIME 1 HOUR 25 MINUTES, £95

PREGNANCY PAMPER
Time to relax and take the weight off your feet with this specially designed full body massage. Our highly trained therapists will commence with a gentle Warm Pinda Massage around the shoulders and scalp, working down the spine to gently ease away stress and tension. This therapy uses our Collagen Firming Massage Cream to firm, tone and target stretch marks through a relaxing massage with soothing effleurage movements.
THERAPY TIME 55 MINUTES, £65

PREGNANCY PAMPER BACK MASSAGE
A back massage tailored entirely for pregnancy with v-pillow support and positioning to ensure complete relaxation. Warm Pinda pressure massage to the shoulders and scalp are followed by a relaxing back massage with Collagen Firming Massage Cream.
THERAPY TIME 40 MINUTES, £45

Please note: All body therapies and body massages are not suitable during the first trimester of pregnancy.
Here at The Daffodil Spa you can completely unwind and allow the stresses and strains of the day to disappear. Whilst most of our treatments are suited for both men and women, we have a series of tailor-made, tension reducing and energising therapies that are particularly popular with gentlemen.

**MEN’S THERAPIES**

**DEEP FACE & BACK CLEANSE**
A treatment to specifically target and cleanse the back and face. Commencing with a back exfoliation and warm towel steam cleanse, followed with a massage and Purifying Clay Mask. Finally your facial skin will be deep cleansed, exfoliated and massaged, complete with a Purifying Cleansing Facial Mask.

**THERAPY TIME 90 MINUTES, £95**

**PURIFYING BACK THERAPY**
Enjoy a deep cleansing and purifying back treatment which includes massage therapy.

**THERAPY TIME 40 MINUTES, £45**

**TENSION BUSTER MASSAGE**
A tension busting back massage to help alleviate tension, aches and pains. Your treatment is complete with a series of stretches to the neck and shoulder area to leave you feeling stress free.

**30 MINUTES, £35 | 60 MINUTES, £60**

**C+ ENERGY FACIAL**
A facial treatment to re-energise!
Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men’s skin which can often be irritated by the daily ritual of shaving.

**THERAPY TIME 55 MINUTES, £65**

**GROOMED MANICURE**
Smooth those rough, dry hands and tidy those nails and cuticles.

**45 MINUTES, £35**

**GROOMED PEDICURE**
Refresh your feet and tidy those toes.
Your feet are soaked, dry hard skin is buffed away, feet are then scrubbed, moisturised and massaged. Nails and cuticles are tidied.

**45 MINUTES, £35**
HANDS & FEET

One of the most successful nail care brands in the world, OPI are widely sought after by professionals and consumers alike for their high quality nail treatments and beautiful nail colours. A family-owned company committed to the highest quality products and to customers’ well-being, OPI has long been a leader in the Professional Beauty Industry. Quite simply, dedicated to excellence.

LUXURY HAND TREATMENT
A treatment for dry skin, this intense hand treatment includes an exfoliation and hydrating mask, combined with a nourishing hand massage. Includes cuticles, file and polish.
55 MINUTES, £45 | GEL UPGRADE, £5

LUXURY FOOT TREATMENT
A treatment for dry skin, this intense foot treatment includes an exfoliation and hydrating mask, combined with a nourishing foot massage. Includes cuticles, file and polish.
55 MINUTES, £50

SPA MANICURE BY OPI
Your nails will be filed and shaped and your cuticles pampered before being buffed and prepped for your favourite OPI shade. Treatment is finished with application of Avoplex Nail and Cuticle Oil and a hand massage.
45 MINUTES, £35

OPI COLOUR & GO!
Your nails will be filed and shaped before application of your chosen OPI shade. This service does not include cuticle care.
30 MINUTES, £25

SPA PEDICURE BY OPI
Immerse your feet into the pampering world of OPI. OPI Pedicure incorporates the hydrating properties of sumptuous botanical extracts. Your feet will be soothed, scrubbed, softened and hydrated. This service includes cuticle care and shaping, complete with the application of your favourite OPI shade.
45 MINUTES, £35
Experience OPI’s award winning shades in long lasting GelColour by OPI. This professional treatment will allow you to have your favourite OPI shade on your hands and feet for up to 14 days.

**OPI GEL COLOUR & GO!**
Your nails will be filed and shaped before application of your chosen OPI GEL shade. This service does not include cuticle care.
30 MINUTES, £30

**OPI GEL MANICURE**
Your nails will be filed and shaped before application of your chosen OPI GEL shade. This service includes cuticle care complete with the application of Avoplex Nail and Cuticle Oil.
55 MINUTES, £45

**OPI GEL PEDICURE**
Immerse your feet into the pampering world of OPI. OPI Pedicure incorporates the hydrating properties of sumptuous botanical extracts. Your feet will be soothed, scrubbed, softened and hydrated. This service includes cuticle care and shaping complete with the application of your favourite OPI GEL polish.
55 MINUTES, £50

**OPI GEL REMOVAL**
We will remove your existing gel colour. Your nails will be filed and shaped and your cuticles pampered with the application of Avoplex Nail and Cuticle Oil.
£15
Delilah is a boutique British brand born out of friendship, a passion for cosmetics and the desire to help women of all ages to look and feel beautiful. The team behind Delilah is Rupert Kingston, Hannah Nicholson and Juliet White. Delilah has been created as a capsule collection of carefully formulated cosmetics which offers women a touch of understated luxury they can enjoy every day. All Delilah products are paraben free and no animal testing has been conducted or commissioned for any Delilah products.

MAKE UP BY
DELILAH COSMETICS

EXPRESS MAKE UP
15 MINUTES, £20

SPECIAL OCCASION
55 MINUTES, £55 INCLUDES GLASS OF CHAMPAGNE

BRIDAL MAKE UP
£100, INCLUDING TRIAL

BRIDESMAID/BRIDAL PARTY
£45

OPTIONAL FALSE EYELASHES
£15
EYES

EYELASH TINT
£20

EYEBROW TINT
£12

EYELASH & BROW TINT
£25

EYEBROW SHAPE
£12

Please note a 24 hour patch test is essential prior to tinting.
WAXING

BIKINI WAXING
£15

LEG WAXING
HALF LEG £20 | FULL LEG £26

FULL LEG & BIKINI WAXING
£32

BIKINI & UNDERARM WAXING
£22

UPPER LIP WAXING
£15

CHIN WAXING
£15

BACK WAXING
£22
Gift Vouchers for therapies, Spa Days and products can be purchased online at daffodilhotel.co.uk or by calling our Spa direct on 015394 63570. Our Gift Vouchers are available for monetary amounts and some Spa Days and therapies. Vouchers can be used up to 12 months after the purchase date.
“OUR GIFT VOUCHERS ARE PERFECT FOR BIRTHDAYS, CHRISTMAS, ANNIVERSARIES AND OTHER SPECIAL OCCASIONS. TREAT THAT SPECIAL SOMEONE.”
BOOKINGS & ENQUIRIES
015394 63570 | SPA@DAFFODILHOTEL.COM

OPENING TIMES
8AM - 8PM DAILY

DAFFODIL HOTEL & SPA
Keswick Road, Grasmere, Cumbria, LA22 9PR