

Living

THE MAGAZINE FOR THE LAKES, LUNE AND DALES

NOVEMBER 2017

COMPLIMENTARY

Coastal riches
**PRESERVING
MORECAMBE
BAY**

**THE PLACE
TO BE**

**JULES B EXPANDS
IN KENDAL**

**PUNCHING
ABOVE**

**Classic British
Dining**

Absolute

LUXURY

PURE INDULGENCE AT A SPA IN THE HEART OF THE LAKES



The pinnacle of luxury

A first-rate hotel with the type of facilities typically found in a city, which is located on the edge of a lake. What's not to love? Jo Spencer visited the Daffodil Hotel at Grasmere, famous for its luxurious spa

The Daffodil Hotel nestles comfortably on the edge of the lake in Grasmere.

It has a rich history, with the building dating back to 1855. But, it's the current owners – the Harwood and Brady families – who have brought it well and truly into the 21st century.

A complete rebuild of the premises, from head to toe, saw it opening as a stylish new four-star venue on July 21, 2012.

The past five years have been phenomenal, with visitors lapping up its contemporary interiors, modern restaurant and stunning location. The Daffodil has become hugely popular for luxurious weddings, and with its incredible views across the lake to the mountains beyond, it's not difficult to see why.

Yet, there's a further jewel in the crown of this beautiful hotel. It's state-of-the-art spa renowned as one of the North West's finest and one that

could easily compete with some of the capital's most luxurious venues.

Its indulgent thermal pool is unique; with water jets to target different areas of the body, it's the perfect solution following a hard day on the fells. Together with a sauna, steam room, relaxation area and five treatment rooms, the spa at the Daffodil is a little piece of luxury in a hectic world.

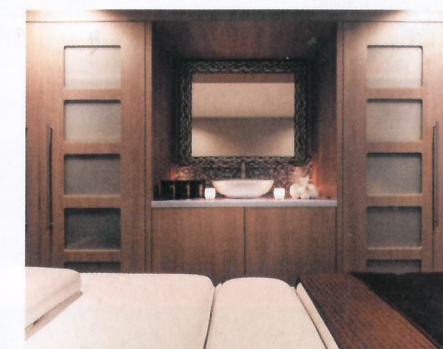
"We are great believers in a bit of 'you' time, so encourage our guests to unwind and while a way an hour or two by the pool or in our relaxation lounge," said spa manager Christine Logan.

"These areas are perfect if you're with a group of friends; similarly, they also work if you want some quiet time or comfort prior to or post-therapy."

This fits in well with the spa's philosophy: pure indulgence and total relaxation. Treatments offered range from therapeutic and rejuvenating face and

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body care therapies, using the best products with the finest ingredients from top European skincare house Germaine de Capuccini.

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

The team of nine experienced and highly qualified therapists is on hand to guide you through your "Spa Journey", which can be tailored to specific requirements. Together with independent treatments the spa offers both full and half spa day experiences, including couples' spa days and maternal spa days.

What really makes the spa at the Daffodil special is its commitment to the product and service. The products and therapies offered by Germaine de Capuccini are top-of-the-range in the industry,



found only in the most exclusive salons and spas and are offered only by the most highly trained beauty and spa therapists in the sector.

Germaine de Capuccini has developed some of the most talked-about skincare and spa therapies. The combination of natural active ingredients with cutting edge technology has enabled the company to develop some of the most influential skincare products and spa therapies the beauty industry has ever seen and it is now the preferred brand in more than 10,000 spas and salons across 84 countries.

The spa at the Daffodil's commitment is such that earlier this year, it sent two of its skilled therapists to Madrid for further Germaine training, where they learned about some exciting new techniques and therapies set to launch later this year.

"We're delighted to be able to offer such high-quality products at the spa. Visitors perhaps don't expect to find these outside of the city, so are thrilled that they can experience these products here in the Lakes," said Christine.

"Customers also like Germaine de Capuccini's approach to environmental issues. Their carbon zero policy, backed by official certification,

means that they not only recycle and re-use, but also plant trees to offset any small amounts of carbon produced. It very much fits in with our own approach to the environment."

With such an exciting spa on the doorstep and with so many traditional and original treatments, making the decision on which to select will be tricky. Luckily, the therapists are on hand to help you decide, although there are a number of treatments which are firm favourites with their customers.

"Our Mud Rasul Therapy is perhaps one of our most popular and unique treatments for couples, friends and family," said Christine.

"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, before the room lighting is gently dimmed and relaxing fibre optic lighting fills the ceiling. The bather sits in the warmth of heated individual seats, before steam is introduced into the Rasul.

"The warmth of the steam opens the pores and allows the enriched products to enter the body, where they stimulate blood flow, reviving the tissue and stimulating the lymphatic system. After

approximately 20 minutes, the treatment is finalised when a warm shower mist descends from the ceiling to gently wash away the remaining product."

The Daffodil Botanical Facial, packed full of restorative ingredients such as Rosehip Oil and Royal Jelly, is one of the most popular treatments. And one of its newest treatments is the Wellness Recovery Menu, designed to help restore the mind, body and soul post illness and surgery. Suitable for cancer patients after medication, these treatments target skin-related side effects caused by chemotherapy, radiation and other strong medication.

With so much luxury on offer and on our very own doorstep, who needs a trip to the city?

Opening Times: daily from 8am-8pm; Half Spa Day: from £80pp; Full Spa Day: from £95pp; Facials: from £40pp; Mud Rasul: from £59

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Gift Vouchers: available online
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