



SPA

AT THE DAFFODIL



Relax & Unwind
this is your time to breathe

A unique concept in Cumbria, the Spa at The Daffodil combined with top UK skincare house Temple Spa offers a complete escape from reality.



TEMPLESPA

SPA FACILITIES

THERMAL POOL

Our thermal pool will be different than any other you have experienced (it's nothing like a swimming pool!). Whether you have tired legs from walking the surrounding fells or simply need some time off from the hectic lives we all lead, our thermal pool is the perfect tonic as you move from each section, allowing the water jets to target different areas of the body.

SAUNA & STEAM ROOM

Whether you prefer the earthy aromas of the sauna or the revitalising atmosphere of our steam room, indulge in them both at our Spa. It is large enough to accommodate you and your friends, but 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 while away an hour or two in our tepidarium. Let tepid air induce your relaxation and comfort prior to or post therapy, we don't even mind if you just fancy a quick snooze. Please note the tepidarium is only available for guests booking treatments.



TREATMENTS *Massages*

DRIFT AWAY RELAXING FULL BODY MASSAGE

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.

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| 30 MIN BACK MASSAGE INCLUDING CONSULTATION | £55 |
| 60 MIN FULL BODY MASSAGE INCLUDING CONSULTATION | £85 |
| 90 MIN UPGRADE FROM A FULL BODY TO INCLUDE FACE AND SCALP MASSAGE | £110 |

WORK IT OUT DETOXING MUSCLE WORKOUT MASSAGE

Using the ingenious 'Work It Out' detox massage oil including essential oils of juniper, lavender and cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out, working on knots, tensions and tightness to help the detox process. Detox-licious!

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| 30 MIN BACK MASSAGE INCLUDING CONSULTATION | £55 |
| 60 MIN FULL BODY MASSAGE INCLUDING CONSULTATION | £85 |

STRESS NOT CBD MASSAGE

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed white jade wave stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD Balm 'Stress Not' naturally eases muscle stiffness and calms busy minds, giving you a moment of blissful respite.

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| 30 MIN BACK MASSAGE INCLUDING CONSULTATION | £55 |
| 60 MIN FULL BODY MASSAGE INCLUDING CONSULTATION | £85 |



TREATMENTS *Massages*

THAI COMPRESS MASSAGE

A full body massage using slow relaxing movements, working the soft tissue of the body, easing day-to-day stresses and muscular tension.

60 MIN TREATMENT INCLUDING CONSULTATION

£75

Pregnancy NEW BEGINNINGS MUMMY-TO-BE MESSAGE

Enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over.

90 MIN FULL BODY MASSAGE INCLUDING FACE AND SCALP WITH CONSULTATION

£110

I'LL BE BACK A FACIAL FOR THE BACK

Following an invigorating exfoliation with our Mediterranean 'Sugar Buff' scrub, a warm purifying mud is smoothed all over your back for a powerful and deeply cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised and relaxed.

45 MIN INCLUDING CONSULTATION

£70

AHHHH! LEG AND FOOT ENERGISER

This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our 'Mediterranean Scrub' to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with invigorating rub of our cooling and soothing balm 'Aaahhh!' followed with a skin treating sweep across the feet with the award-winning 'Sole Balm'.

45 MIN INCLUDING CONSULTATION

£60

INDIAN HEAD MESSAGE

A relaxing treatment aimed at easing the stress and tension in the head and shoulder area. Designed to relieve headaches and leave you feeling uplifted and de-stressed.

45 MIN INCLUDING CONSULTATION

£60

TREATMENTS *Facials*

MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by our signature 'Temple Spa' face & décolleté massage, an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!

60 MIN TREATMENT INCLUDING CONSULTATION

£75

GO GUY MEN'S FACIAL FOR ALL SKIN TYPES

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face & shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you ready to face the world.

60 MIN TREATMENT INCLUDING CONSULTATION

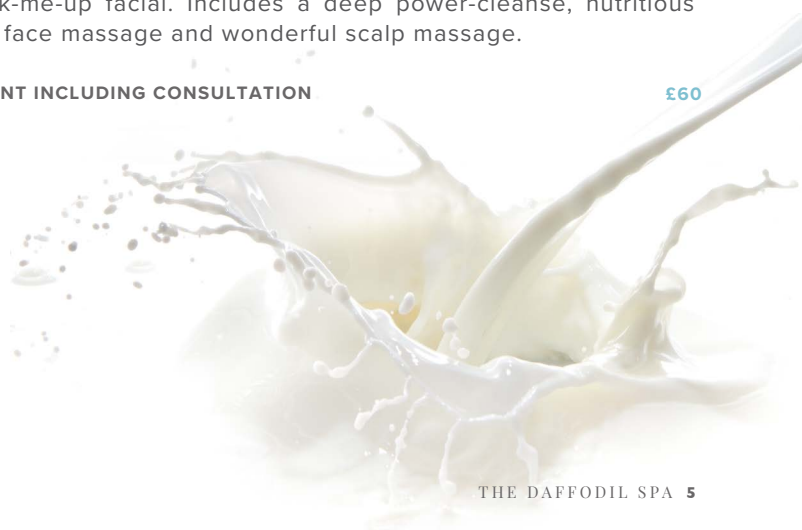
£75

THE POWER BREAKFAST FACIAL EXPRESS FACIAL FOR ALL SKIN TYPES

Need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick-me-up facial. Includes a deep power-cleanse, nutritious scrub & mask, revitalising face massage and wonderful scalp massage.

45 MIN MINI FACIAL TREATMENT INCLUDING CONSULTATION

£60



TREATMENTS *Facials*



REPOSE AROMATHERAPY FACIAL

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment concentrates on releasing tension and stress caused by day to day living with a 'Temple Spa' signature face, eye, scalp and hand & arm massage experience. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure bliss!

75 MIN TREATMENT INCLUDING CONSULTATION

£90

LIGHT RELIEF CBD SKIN BOOSTING FACIAL

Feeling and looking stressed out? This facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand and arm massage using warmed white jade wave stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

75 MIN TREATMENT INCLUDING CONSULTATION

£90

CHAMPAGNE & TRUFFLES THE CRÈME DE LA CRÈME OF FACIALS

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, a hydrating and brightening alginate mask to iron out fine lines and wrinkles, cold stone therapy to reduce puffiness and finished with an application of the multiple award-winning 'Skin Truffle'. Your skin will be visibly plumper, firmer, radiant and glowing. And if all that's not enough you'll be treated to a shoulder & neck massage using warm stones. Simply irresistible results.

90 MIN TREATMENT INCLUDING CONSULTATION

£125

Bespoke MY KINDA MOOD A PRESCRIPTIVE FACIAL & MASSAGE

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

120 MIN TREATMENT INCLUDING CONSULTATION

£155

TREATMENTS *Hands & Feet*

LUXURY PEDICURE

Application of gel colour of your choice including foot soak, exfoliation, cuticle work, mask and foot and leg massage.

60 MINUTES

£55

LUXURY MANICURE

Manicure with application of gel colour of your choice, including shaping of the nails, cuticle work, hand exfoliation, mask and hand and arm massage.

60 MINUTES

£55

**GEL FILE AND POLISH
FINGER OR TOES**

£30

**GEL FILE AND POLISH
FINGERS AND TOES PACKAGE**

£55

GEL REMOVAL & TIDY UP

£15

GEL REMOVAL & REAPPLY

£40



TREATMENTS *Beauty*

EYE BROW WAX & TINT

A tidy up of the eyebrows using warm or hot wax to shape the brows followed by a tint to define them, framing the face.

15 MINUTES

£23

EYE LASH & BROW TINT

Colouring of the eyelashes to give the effect of wearing mascara, elongating the lash. Your treatment concludes with an eyebrow tint to define the brows.

30 MINUTES

£27

EYELASH TINT

£18

EYEBROW TINT

£16

LASH LIFT & TIN

£50

BROW LAMINATION

£40

EYEBROW WAX

£16

TOP LIP

£13

CHIN WAX

£16

LIP & CHIN WAX

£22

EYEBROW & TOP LIP

£20