

*Cascades*  
Health Spa & Fitness Club



**WELCOME** to the elegant Cascades Health Spa & Fitness Club, located at the bright, chic modern Whitewater Hotel. The views and surroundings provide the perfect Lake District, countryside location where you can relax, unwind, and truly indulge. In the vibrant Cascades Spa, we offer the finest beauty treatments. There are a wide range of glamorous Elemis products and Elemis facials to feel truly pampered and recharged!

The Spa has a wonderful Rasul mud temple. This lavish Arabian steam room is an ancient way of really looking after and replenishing tired skin. Enjoy several muds to feel totally revitalized. Different muds are applied to various parts of the body which deep cleanse all the tissues in unison with the steam room. At the end of this magnificent cleansing therapy, you will have a refreshing shower under the stars. This is the first Rasul in the Lakes.

**DON'T MISS OUT ON THIS TRULY DIVINE UNIQUE EXPERIENCE AND TREATMENT.**

The Cascades Spa also has a stunning outdoor hot tub which overlooks the flowing River Leven. Enjoy scenic views and recharge your bodies, with these fabulous jets in the Cumbrian fresh air before retiring to the heavenly aromatherapy Turkish Haman. Enjoy exotic aromas and a detoxing, cleansing treatment in this fabulous spa installation.

The Spa facilities also include Feature Shower, Sauna and Massaging pedicure chairs to ease those aching feet. Enjoy the back and neck massaging pedicure chair whilst receiving OPI treatment to leave with chic and stylish toenails.

The bright, elegant spa has four treatment rooms offering top of the range products and pamper treatments so is the ideal venue for group bookings, hen parties and corporate retreats! There is also a couple's treatment room so you and your partner can enjoy being pampered together. If you are looking for pure indulgence and total relaxation, the Cascades Team can provide you with a haven where you will feel truly refreshed and invigorated. The Cascades Health Spa & Fitness Club truly is the ultimate rural retreat to escape



# Massages

From ancient techniques to modern advances. Choose from an array of massage therapies to feel truly refreshed, revitalised, and pampered.

- ELEMIS FULL BODY DEEP TISSUE MUSCLE MASSAGE (60 min) ... - £75.00
- ELEMIS DEEP TISSUE BACK MASSAGE (30 min) .....- £50.00
- FULL BODY SWEDISH MASSAGE (60 min) .....- £75.00
- BACK OF BODY SWEDISH MASSAGE (30 min) .....- £50.00
- CASCADES HOT STONES FULL BODY MASSAGE (60 min) ..... - £75.00
- CASCADES HOT STONES BACK OF BODY MASSAGE (30 min) .....- £50.00
- SCALP, NECK & SHOULDER (30 mins) .....- £50.00
- INDIAN HEAD MASSAGE (30 min) .....- £45.00

## **Spa packages**

Spend a relaxing day pampering yourself.  
all our Day Spa packages include the following:

*Complimentary robes to use in the spa*

*Use of the swimming pool and poolside facilities  
(please ensure that you bring swimwear  
& Flip flops, towels are provided)*

*Use of our Thermal Suite including outdoor hot-  
tub, feature shower & Turkish Hammam*

*Access to the Cascades relaxation room...  
Complimentary fruit juices, tea, coffee  
& Herbal infusions*

*Lunch or afternoon tea\*  
(Optional extra's)*

*\*Not applicable to Pre-Holiday Pamper package*



# DAY PACKAGES

**LUXURIOUS SPA WITH AFTERNOON TEA (30 min pp) .....£60pp**

Choose 1 treatment:

- Elemis Taster Facial (30 Mins)
- Any Back of Body Massage (30 Mins)
- OPI Express Manicure (30 Mins)
- OPI Express Pedicure (30 Mins)

**Pre-Holiday Pamper (120 min pp) .....£69pp**

- OPI Express Manicure with Shine (30 Mins)
- OPI Express Pedicure with Shine (30 Mins)

Choose 1 treatment:

Lip & Chin Wax  
Eyebrow Wax

**PURE PAMPERING (60 min) .....£90pp**

Elemis Full body massage (60 Mins)

**WEEKDAY ESCAPE (60 min pp).....£90pp**

Choice of 2 of the following half hour treatments:

- OPI Express Manicure (30 Mins)
- OPI Express Pedicure (30 Mins)
- Scalp, neck & shoulder massage (30 Mins)

**COUPLES RETREAT (80 mins) .....£110pp**

- Luxury Mud Rasul
- Elemis Back Massage (30 Mins)

# HOTEL PACKAGES

## RIVERVIEW ROMANCE .....£220pp

Executive four poster room with a river view. 1 Night Dinner, Bed & Breakfast, 3 course dinner in the Riverside Restaurant, Prosecco, chocolates & rose petals in the room on arrival. Robes & slippers.

Spa Treatments included:

- Cascades Full Body Massage (60 Mins pp)
- 2 hours use of the Spa Thermal Suite

## GREAT ESCAPE (60 min).....£200pp

Why not get your friends together for a special occasion and enjoy our Great Escape spa break. This includes one night's accommodation, 3 course evening meal. This is great for Hen parties, birthdays, and celebrations such as Mother's day or bank holidays.

Spa Treatments included:

- Elemis Taster Facial (30 Mins)
- Cascades Hot Stones Massage (30 Mins)

## JUST THE 2 OF US (75 min) .....£320pp

Romantic two-night break includes breakfast each morning & dinner with a bottle of sparkling wine (per couple) on the first night of your stay. Use of the leisure facilities & complimentary robes for use in the hotel & spa, use of our thermal suite including outdoor hot tub, Hammam steam room, sauna & feature shower; Also included is a relaxing spa day with afternoon tea for two.

Spa Treatments included:

- Luxury Mud Rasul treatment (60 mins)
- Back of body massage in our luxury twin therapy room (30 mins)

## MIDWEEK MELTDOWN (60 min) .....£200pp

One night's break including, dinner, bed & breakfast, ½ bottle of wine per person, use of leisure facilities swimming pool, sauna, steam room & Jacuzzi, use of thermal suite includes; Hammam steam bath, sauna, feature shower & outdoor Jacuzzi, complimentary robes, towels & slippers.

Choose one from the options below:

- Any Full Body Massage (60 Mins)
- High Performance Skin Energiser Facial for men
- OPI Pamper Manicure (60 Mins)
- OPI Pamper Pedicure (60 Mins)



## Rasul Mud Temple Rituals for Two

This lavish Arabian steam room is an ancient way of really looking after and replenishing tired skin. Apply several muds and feel totally revitalized. Special types of mud that are specific for different parts of the body are applied to the various skin areas. The muds work in unison with the steaming effects once you enter the Rasul steam room.

At the end of this magnificent cleansing therapy, you will have a refreshing shower under the stars. This is the first Rasul in the Lakes. Don't miss out on this truly heavenly experience.

Your therapist will prepare the finest Rasul muds for you to take into your seated temple, leaving you to lavish mud over the face and body. The temple gradually warms, drying the mud and drawing out the toxins from the skin. Essential Oil infused steam then gently fills the temple to soften the mud prior to the tropical monsoon shower being gently dispensed from the ceiling to wash away the mud. Once you emerge from the Rasul Temple, continue your relaxation by enjoying our Thermal Suite spa circuit including outdoor hot-tub, Turkish Hammam steam room and experience shower. Remember to bring your swimwear and flip flops.

### **STANDARD 3 FANGO MUD RASUL**

*Treatment only*

**£79**

### **DETOX MUD RASUL PACKAGE**

*Mud Rasul Treatment*

*Thermal Suite*

*Afternoon Tea*

**£89 ( Mon-Thurs)**

**£99 (Fri-Sun)**

# AFTERNOON TEA MENU

*Your choice of fresh cut sandwich, fruit scone with strawberry jam & clotted cream, selection of homemade cakes and a pot of either Whitewater blend brewed tea, SpecialityTea\* or filter coffee*  
*All Sandwiches are made with Thick White/Brown Bloomer.*

- Roasted Ham & Watercress with Balsamic
- Matured Cheddar, Sliced Vine Tomatoes, Tamarind & Apple Chutney
  - Tuna Mayonnaise & Cucumber
  - Egg Mayonnaise & Cress
- Roast Beef pickled Gherkins & English Mustard.
- Smoked Salmon, Crème Cheese & Chervil.

*Served between 12:30pm – 16:30pm*



# LIGHT LUNCH MENU

## **Goats Cheese Walnut & Date Salad**

Mixed Leaf Lettuce, Balsamic Glassa, Candied Walnuts, Dates.

## **Classic Tuna Salad**

Mixed Leaf Lettuce, Cherry Vine Tomatoes, Black Pepper Mayonnaise, Lemon, Cucumber, Red Onion.

## **Avocado & Poached Eggs with Rocket Salad**

Toasted Bruschetta, Soft Eggs, Balsamic Glassa, Avocado, Rocket Salad.

## **Chicken or Vegetable Stir Fry with Teriyaki Sauce & Jasmine Rice – Ve**

Egg Noodles, Mixed Peppers, Bean Sprouts, Pak Choi, Mushrooms, Teriyaki.

## **Chicken Caesar Salad**

Caesar Dressing, Anchovies, Parma Ham, Soft Egg, Croutons, Parmigiana Reggiano

## **Blue Cheese Salad, Mixed Lettuce & Rocket, Cherry Vine Tomatoes – V**

*Honey Mustard Vinaigrette, Cucumber, Olives, Cherry Vine Tomatoes.*

*Served between 12:30pm – 14:30pm*

# Elemis Facials

**ELEMIS TASTER FACIAL** (30 min) .....£40

This introductory facial provides a quick and instant pick-me-up for any occasion. Suitable for both men and women.

## **ELEMIS TOUCH ANTI-AGING FACIALS**

These superior face treatments are further enhanced by luxurious hand, arm, and scalp massage sequences for the ultimate in scientific skin-therapy.

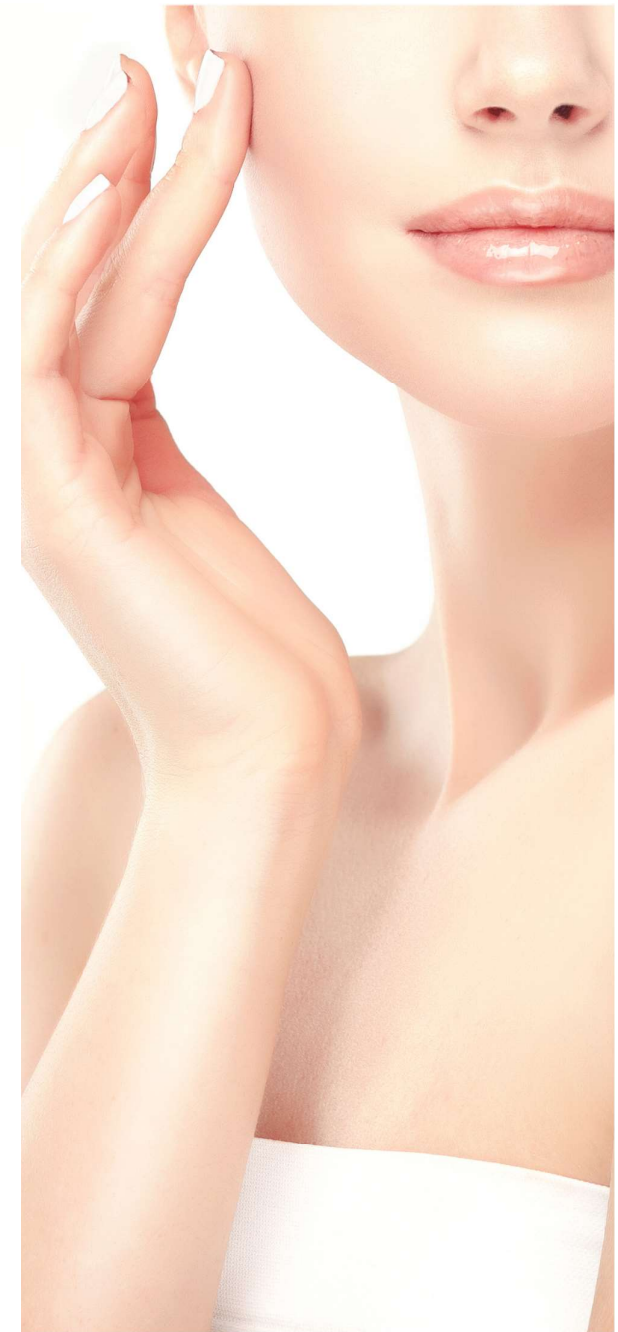
**PRO- COLLAGEN AGE DEFY** (60 min) .....£80

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. \*Independent Clinical Trials

**SUPER FOOD PRO-RADIANCE** (60 min) ..... £70

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

\*Independent Clinical Trials.



## BODY: SCRUBS & DETOX



### ELEMIS LIME AND GINGER SALT GLOW/FRANGIPAN SCRUB (60 Min)

£70.00

Feel invigorated, cleansed, and polished to perfection...  
A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is dripped luxuriously over the body before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished, and flawless. This also includes a mini facial.



## OPI Pro-Spa

### EXPRESS MANICURE (30 & 60 min)

In a rush, but still need a quick way to de-stress? The OPI Pro-Spa Express Manicure is perfect. Featuring essential OPI Pro-Spa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

**INFINITE SHINE (30 mins) .....£25.00**  
**GEL (60 Mins) .....£35.00**

### EXPRESS PEDICURE (30-60 min)

Quick, effective, and oh-so relaxing. This OPI Pro-Spa Express Pedicure features essential OPI Pro-Spa products to provide a spa pedicure experience without increasing service time.

**INFINITE SHINE (30 mins) .....£25.00**  
**GEL (60mins) .....£35.00**

### PAMPER MANICURE (60-90 min)

Sooth, relax and indulge with the ultimate OPI Pro-Spa Pamper Manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture & protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

**INFINITE SHINE (60 mins) .....£35.00**  
**GEL (90 mins) .....£50.00**

### PAMPER PEDICURE (60-90 min)

Sooth, relax and pamper with the ultimate pedicure experience. The OPI Pro-Spa Pamper Pedicure includes unparalleled callus softening, exfoliation, and moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed.

**INFINITE SHINE (60 mins) .....£35.00**  
**GEL (90 mins) .....£50.00**

## **Tinting**

EYELASHES (30 min) .....£15.00

EYEBROWS (30 min) .....£15.00

EYEBROWS SHAPE & TINT (30 mins). £20.00

LASHES & BROWS (30 min) .....£25.00

EYE TRIO (60 min) .....£30.00

Please note: all tints require a patch test 24 hrs prior to application

## **Waxing**

LIP OR CHIN (30 min) .....£10.00

LIP & CHIN (30 min) .....£15.00

EYEBROWS (30 min) .....£15.00





## PAYMENT DETAILS

All bookings will require a 50% non-refundable deposit at the time of making the reservation. A credit or debit card number will be required at the time of booking to secure the reservation. Should you need to change your reservation, we will provide an option to change your date and rebook an alternative treatment time at no extra cost, provided this request is made within the cancellation policy terms.

For larger groups (over 6), appointments cancelled less than 72 hours prior to the appointment time will incur a 100% charge. For smaller groups or single bookings, appointments cancelled less than 24 hours prior to the appointment time will incur a 100% charge. The credit card used to secure your booking will be charged if you fail to cancel within the required timescale or fail to arrive for your appointment. If you are using a gift voucher and don't abide by the cancellation policy, your voucher will become void.

## FULL DAY AND HALF DAY PACKAGES

Please provide us with a minimum of 14 days' notice if you need to rearrange your full/half day spa experience. Bookings rearranged within 14 to 7 days of arrival date will incur a 50% charge and less than 7 days will incur 100% charge.

## ON ARRIVAL

As a courtesy to all our guests we operate a prompt appointment schedule. We advise that you arrive at least 15 minutes before your treatment commences. A late arrival may mean that your treatment time is reduced or unable to be honoured.

If on a spa package please check in at the spa reception where you will be given a locker and a printed copy of your itinerary. If you wish to book any alternative treatments on the day we will do our very best to accommodate your request but this may not always be possible. We do recommend you pre book all your treatments to avoid disappointment.

Mobile phones should be switched off whilst in and around the spa area. Cascades Spa are not responsible for the loss or damage of any personal belongings.

## WHAT TO BRING

You will find a freshly laundered towel and bath robe on arrival. Don't forget your book, magazines and swimsuit and flip flops. The changing rooms are equipped with shampoo, shower gel and hair dryers.

## CONTRA INDICATIONS

Please inform us of any health-related problems prior to any treatments to ensure these are not contra-indicated. E.g., pregnancy, allergies, diabetes, thyroid, heart condition. Cascades Health Spa cannot take any responsibility for any unknown allergies or reactions.

## GROUP BOOKINGS

If you wish to celebrate a special occasion or just relax and indulge with friends, family or colleagues, personalised spa packages can be arranged for groups from an incredible £70.00 per person. For information speak to a member of our cascades team.