



*Riverside Spa*  
Rothay Garden

HOTEL GRASMERE



Tranquility in the heart of the Lakes



## Tranquility in the heart of the Lakes

**Many of our guests thought that Rothay Garden was “the finished product” after our major redevelopment of the hotel in 2008. But something was missing...**

In our quest to provide that perfect touch to your stay in the Lake District, we have created a lovely riverside spa, which nestles amongst the trees, overlooking the babbling River Rothay.

With the development of the Riverside Spa, we've brought the outside in, with amazing floor-to-ceiling windows that allow you to enjoy superb views of the surrounding fells whilst soaking away the strains of aching muscles or stressed minds. And having been voted number one in “Spa Secrets” magazine’s “Cool List” of Summer 2011 worldwide spa openings, we're sure you'll agree that the small but beautifully formed Riverside Spa really does make a short break or longer holiday at Rothay Garden “the complete Lake District break”.

### **Exclusively for our Hotel Guests**

Available only to hotel guests, and at no extra charge, there will be no better way to round off a day's walking or sightseeing, than to enjoy a relaxing and therapeutic hour or two in the new Riverside Spa at Rothay Garden.

Enjoy a massage from one of our visiting spa therapists with individual specialities, in the privacy of your own room – then our covered Spa Path will take you from the comfort of your hotel room in your fluffy robe and slippers, to the warmth of the Spa in seconds.

*“Wonderful, truly wonderful.  
What a fabulous setting.”*



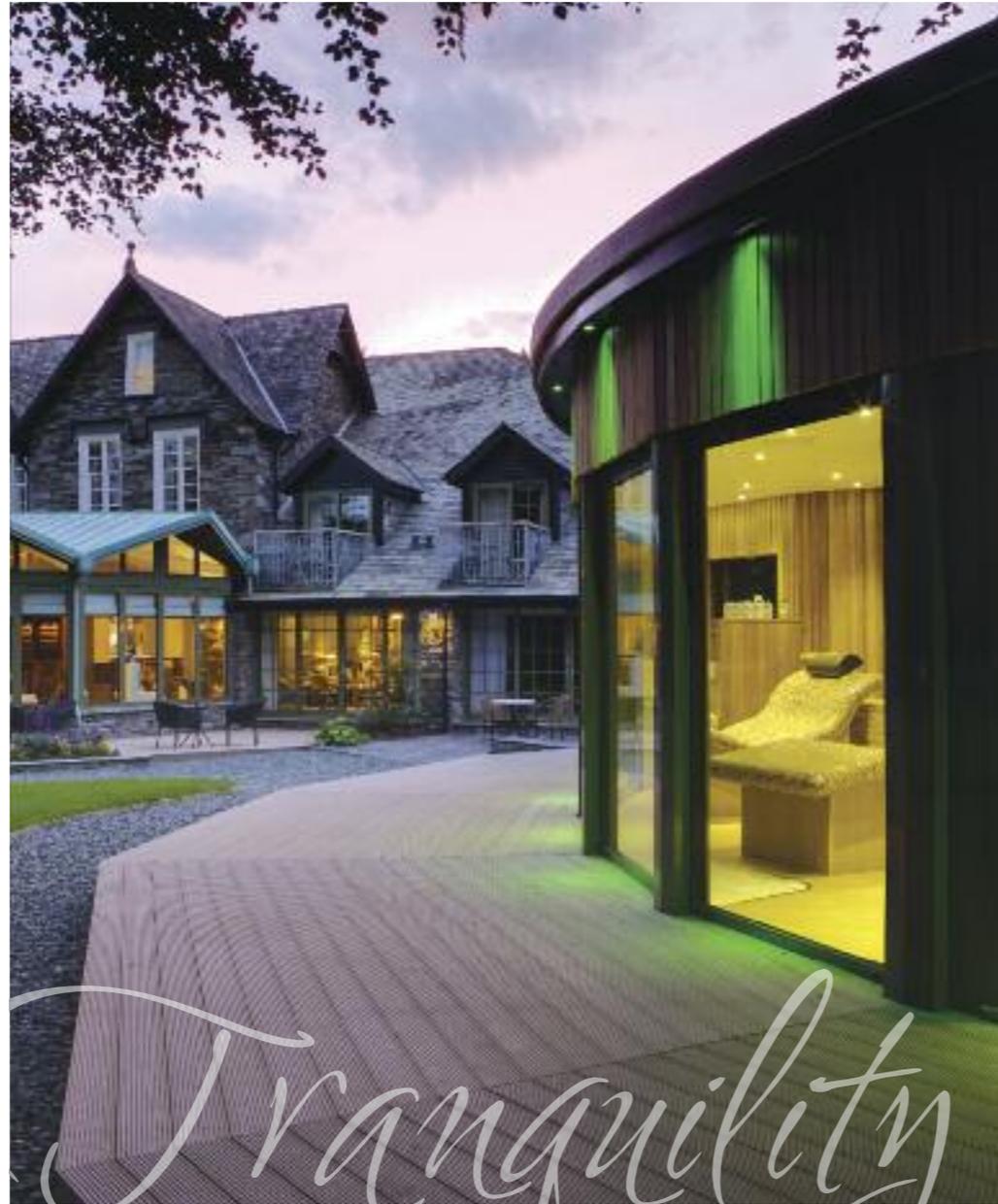
# Unwind naturally – in the perfect setting

The word “spa” comes from the well-known health spa in Liege, Belgium, and comes from the Walloon language meaning “water, fitness and well-being”.

We are keeping the new Riverside Spa pure and simple exclusively for our hotel guests. There’s a superb HydroSpa, which enables you to watch the river flow by whilst being caressed by warm water jets and bubbles, a cosy Herbal Pine Sauna with views of the garden, an Aroma Room with under-tile heating and essential fragrances, two Monsoon Showers, Heated Infra-red Loungers, and an amazing Reflexology Walk. And in the summer months, the glass-fronted doors open to provide a true feeling of being in the garden with the breeze on your face, at one with nature – delightful!

## The Riverside Spa offers all guests:

- **The unique HydroSpa**, adjoining the riverbank. Watch the river flow by and enjoy the fabulous fells beyond as you relax, your body being caressed with jets and bubbles of water heated to a perfect temperature of about 38 degrees. If spa’s through the ages have been about their restorative benefits and relaxation, then the HydroSpa at Rothay Garden will provide exactly that, soothing your skin, warming your body and clearing your mind. With two sunken loungers with air jets, and water cannons to massage your neck and ease those stresses away, this really is the ultimate in self-indulgence!
- **A cosy Herbal Pine Sauna**, giving you the chance to warm up in an environment of 75-80 degrees even on the freshest of Lake District days. The sauna has been



an important part of many cultures since Roman and Greek times, and in Scandinavia the practice of combining The Great Outdoors with a relaxing session in the heat of a pine sauna is a well-practised ritual which tones the body and hones the senses. And here at Rothay Garden we have added a twist, with a glass front to provide views of the garden as you relax and refresh.

- **The Aromatherapy Room** – a luxurious and atmospheric aromatherapy room where under-tile heating, soft ambient lighting and essential fragrances combine to provide a mood of total relaxation and contentment at a constant 35 degrees. And again, this room has been designed with a glass front to provide lovely views of the garden as you relax.
- **Two Monsoon Feature Showers**, the perfect way to cool down or rinse off between heat treatments, offering either tropical warmth or Lakeland mist at the push of a button, and with power jets to pummel the body, invigorate the skin and increase blood flow.
- **Heated Infra-red Loungers** which are beautifully contoured and will ease those aching joints and warm tired muscles, giving you and your partner the chance to truly relax in comfort and style.
- **Heated Pebble Reflexology Walk** which connects the Sauna to the Aromatherapy Room, and offers heated stones to massage and sooth tired feet.

And to complete your Spa relaxation, why not unwind even further on the decking, literally drinking in the delightful gardens and enjoying a chilled glass of wine or a cold beer before retiring to change for dinner.

*“An Oasis of luxury  
on the edge of Grasmere.”*

# Riverside Spa

## Rothay Garden

H O T E L   G R A S M E R E



The Riverside Spa is available exclusively to guests staying in one of the thirty bedrooms or suites at Rothay Garden. In this way, we are confident that you'll find it a true place of relaxation and a quality experience to enhance your stay.

Rothay Garden offers a range of ideal Lake District short breaks and longer holidays year-round, and full details can be found on our website – [www.rothaygarden.com](http://www.rothaygarden.com) or in our award-winning Hotel Brochure & Tariff.

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