

# LODORE FALLS

— HOTEL & SPA —

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*Enjoy Suite Dreams at Lodore Falls Hotel & Spa, Lake District*



*Treat yourself to a proper night's sleep in the Lake District*

**March 2019...//** Nothing beats a good night's sleep, yet many of us do not get enough of it, letting our daily lives suffer as a result. As the need for proper rest grows ever more important in today's non-stop society, [Lodore Falls Hotel & Spa](#) has created a special Suite Dreams package to help guests fall into a deep sleep, and wake up fully refreshed and ready to explore the Lake District.

Located in the heart of the Lake District, surrounded by, lush forests, immense lakes and soaring mountains, there's no better setting for a good night's sleep. Guests can stretch their legs and fill their lungs with fresh country air on a hike along one of the countless walking trails, before returning to Lodore Falls Hotel & Spa to unwind.

Lodore Falls Hotel & Spa's 22 new Spa Suites, which launched following a major refurb at the end of 2018, are the ideal spaces to fall into a deep slumber. The impressive suites are some of the largest in Northern England and boast spectacular panoramic views over Derwentwater or the flourishing forest for guests to gaze across. Simple Scandi design and calming ambiance throughout the suites evokes a feeling of true relaxation, leaving guests comfortable, peaceful and eager to settle in for the night.

Those looking for a little help nodding off can book the specially curated two-night Suite Dreams package at Lodore Falls Hotel & Spa. The package includes accommodation in a Deluxe Spa Suite, a relaxing sleep massage at the hotel's sumptuous spa, a specially designed playlist on Spotify to help guests drift off, calming in-room lavender bath melt and more.

**The two-night Suite Dreams package starts from £1,290\* and includes:**

- A two-night stay on in a Deluxe Spa Suite
- Full Cumbrian Breakfast both mornings
- Dinner at the AA Rosette Lake View Restaurant both evenings
- Relaxing sleep massage using de-stress massage oil

- Soothing lavender bath melt
- Lodore Falls Hotel & Spa sleep inducing playlist on Spotify
- Relaxing herbal tea from Teapigs
- Best foot forward treatment the following day

Once guests have woken up energised, they can enjoy a hearty Cumbrian breakfast before setting off to explore the famous Lake District. Return to the hotel to enjoy time in the Falls Spa, plunge into the outdoor infinity pool, and devour a delightful Pan-Asian feast at Mizu restaurant. Lodore Falls Hotel & Spa offers the perfect weekend away and the chance to catch some Z's.

*\*Price is based on two people sharing a deluxe spa suite. All components of the break must be taken during this stay and cannot be exchanged for cash and are not transferable. Available from 1<sup>st</sup> April to 30<sup>th</sup> September, excluding bank holidays. Saturday night supplement applies. Subject to availability.*

*Stays at Lodore Falls Hotel & Spa start from £190 on a bed & breakfast basis based on two people sharing a standard room. The new Spa Suites start from £460 a night on a bed & breakfast basis based on two people sharing. For hotel reservations and more information please visit [www.lakedistricthotels.net/lodorefalls/](http://www.lakedistricthotels.net/lodorefalls/) email [reservations@lakedistricthotels.net](mailto:reservations@lakedistricthotels.net) or call 0800 840 1246. For spa reservations please contact 017687 87704.*

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