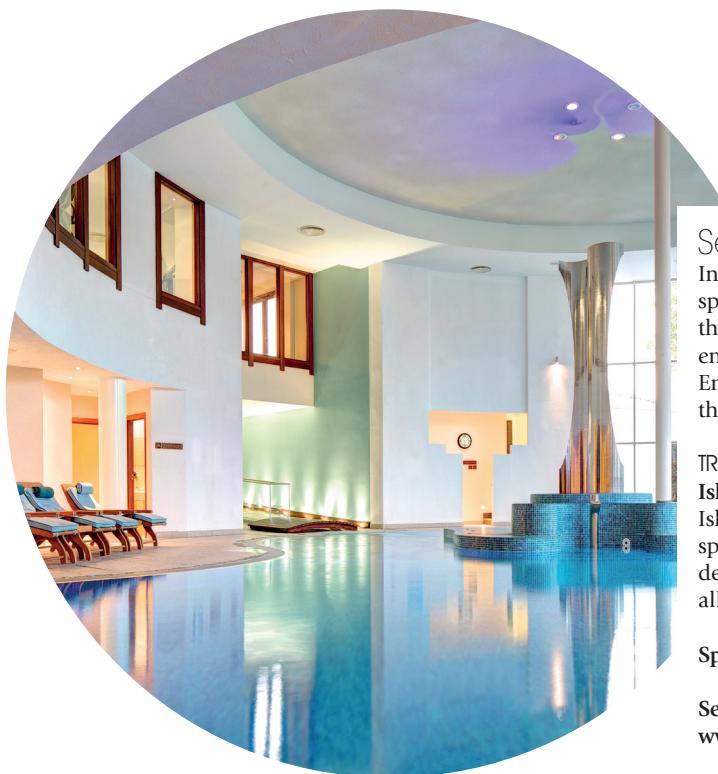




A REAL TREAT

There's nothing better than a dose of R&R post festive season. We take a look at the top treatments and spa breaks that will help you take on 2019 feeling as good as new



The Falls Spa at Lodore Falls Hotel

The brand new The Falls Spa at Lodore Falls Hotel is the latest cosy and Scandi-Inspired retreat. Complete with panoramic views of Derwentwater from its superb location in the Lake District's Borrowdale Valley, take advantage of nature's healing powers with their many alfresco spa experiences, including an open-air cold drench bucket and hot shower, 16-metre outdoor infinity-edge vitality pool, and an amazing overflow hot tub. Their carefully curated spa menu offers treatments from leading brands including Elemis and La Sultane De Saba to help you renew your sense of well-being.

TREATMENT TO TRY:

La Sultane De Saba Akwaterra Massage, £85 for 50 minutes
If you're looking for an exclusive treatment then this is it. The Falls Spa is the only spa in the north of the country to offer the full-body experience where ceramic ergonomic Akwaterra tools filled with hot water are used as an alternative to hot stones, for an ultra-relaxing and rejuvenating treatment, with the precious La Sultane de Saba oils creating a continuous flow.

Spa breaks available from £599 for two nights for two

Borrowdale, Keswick CA12 5UX
www.lakedistrictspa.co.uk

Serenity Spa at Seaham Hall

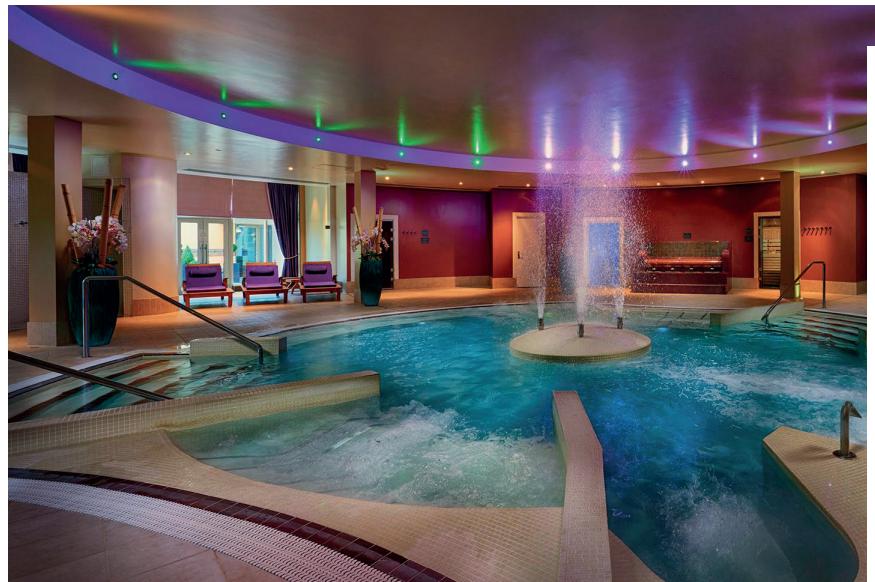
Inspired by the Far East, the Serenity Spa is a calm and tranquil space to escape to. Working to nurture the mind, body and soul, they offer award-winning facilities and holistic treatments to engage the senses and leave you feeling refreshed and revitalised. Enjoy the 20-metre pool with massage stations, sweat it out in the salt sauna, and lounge in one of the outdoor hot tubs.

TREATMENT TO TRY:

Ishga Invigorating Masage, £85 for 60 minutes
Ishga is a combination of the purest Scottish seaweed and spring water, and in this treatment Ishga based oils are used to detoxify and regenerate the skin. While basalt stones are used all over the body to relax the muscles and ease away tension.

Spa breaks available from £169 for two per night

Seaham Hall, Sunderland SR7 7AG
www.seaham-hall.co.uk



Hooker and Young SKIN

If you think Hooker & Young's talents stop at cutting and colouring, then think again. Their Ponteland salon is a one-stop destination for all of your pampering needs, including skincare, with a sublime range of facial treatments from some of the beauty world's most luxurious brands. Think Elemental Herbology and (Meghan Markle's favourite) Jan Marini – if it's good enough for royalty, it's good enough for us.

TREATMENT TO TRY:

SKIN Advanced Bootcamp, £59 for 60 minutes

With three options, ranging from Beginner to Advanced, sit back and let Kelly whip your face into shape with a workout for your skin. Tailored to your individual needs, you can expect a lifting and toning workout stimulated by micro currents. To finish, dermarolling and the ultimate cool down – cooling oxygen infusion that promotes collagen production, plumps and restores vitality your skin, with instant results.

13 Bell Villas, Ponteland NE20 9BD
www.hookerandyoung.co.uk



Rockliffe Hall

At 50,000 square feet, the award-winning spa at Rockliffe Hall is one of the largest and most luxurious spas in the country. Incorporating the indoors and the outdoors, the spa is a tranquil environment with access to only the best facilities, including a hydro pool, outdoor hot tub, and igloo, designed to stimulate your circulation whilst being cooling and refreshing. Using a combination of science and nature, Rockliffe Hall is all about revitalisation which is reflected in their spa treatment menu, offering holistic spa rituals alongside results-driven spa treatments.

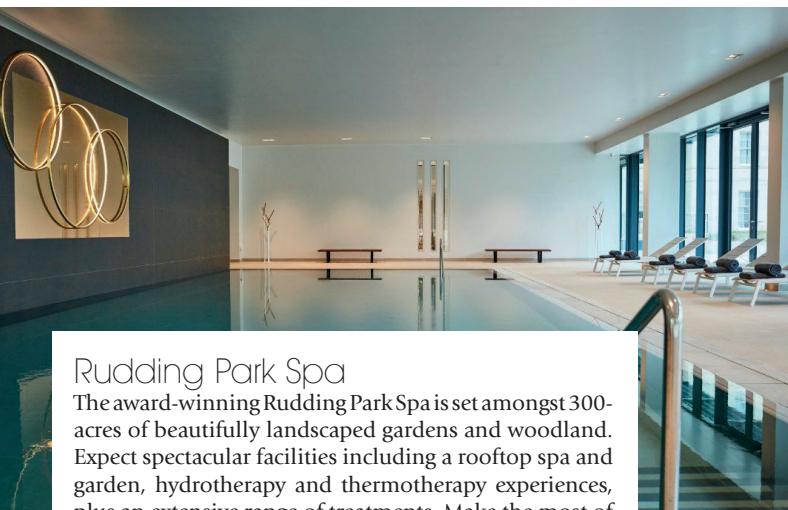
TREATMENT TO TRY:

Himalayan Salt Ritual, £90 for 60 minutes

This extra-ordinary ritual uses ancient wisdom to achieve the ultimate relaxation. Beginning with body massages using warmed Himalayan salt blocks, the tensions, stresses and anxieties of daily life are alleviated. To follow, an exhilarating salt scrub using a combination of pink Himalayan crystals and aromatic oils to ease aches and pains – it's guaranteed to restore, balance and stimulate your metabolism.

Spa breaks available from £170 for two per night

Rockliffe Hall, Darlington DL2 2DU
www.rockliffehall.com



Rudding Park Spa

The award-winning Rudding Park Spa is set amongst 300-acres of beautifully landscaped gardens and woodland. Expect spectacular facilities including a rooftop spa and garden, hydrotherapy and thermotherapy experiences, plus an extensive range of treatments. Make the most of their award-winning cuisine too, with spa days on offer including afternoon tea.

TREATMENT TO TRY:

Sleeping Beauty Spa Break, £185 per person

If access to the main spa and rooftop spa experience and garden isn't enough, you'll also be entitled to a 50 minute treatment of your choice too, choose from the luxurious thermal detox wrap or radiance facial. Not forgetting the dinner, bed and hearty Yorkshire breakfast – go on treat yourself.

Spa breaks available from £165 per person per night

Rudding Park Hotel, Rudding Lane,
Harrogate HG3 1JH
www.ruddingpark.co.uk



Aesthetic Beauty Centre

First founded in Sunderland by Dr Ashish Dutta, Aesthetic Beauty Centre are now the leading provider of cosmetic solutions in the North of England. Offering a range of treatments for both men and women including botox, fillers as well as non-invasive beauty treatments.

TREATMENT TO TRY:

HiFu Rejuvenation, starting from £500 per session

This non-surgical, non-invasive 'face lift' has grown in popularity and is now a highly sort after treatment. Using relatively new technology – high-intensity focused ultrasound – to lift, firm and rejuvenate skin for up to six months. Energy safely heats the underlying tissues inducing a vibration in the molecules of the targeted area, causing the skin to contract and tighten, instantly improving the appearance of wrinkles and redefining contours. With results after just one session, and continued improvements for six months this is a real alternative to cosmetic surgery, and with absolutely no recovery time needed we can't think of a better way to turn back the clock.

Sunderland SR2 7DE and Newcastle NE4 8DP
www.aestheticbeautycentre.co.uk

Aqua Vitae Spa at Matfen Hall

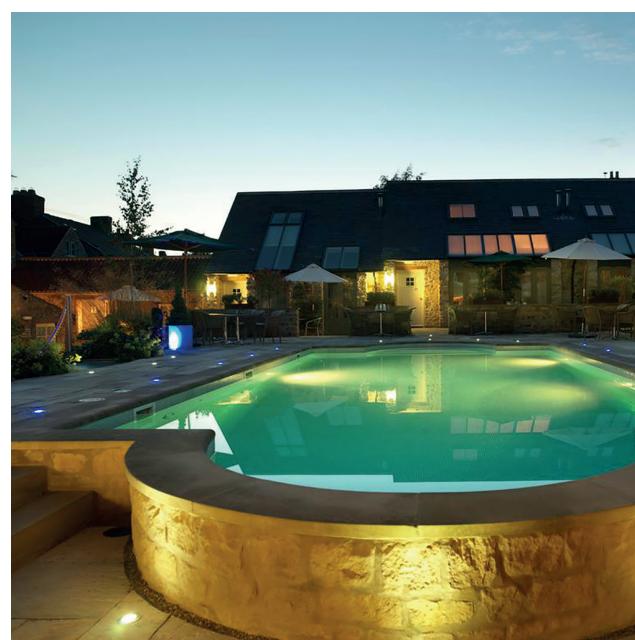
This stately home, set among 300-acres of Northumbrian parkland, boasts not only a luxury hotel, but the Aqua Vitae spa too. On top of all the facilities you'd expect from a great spa, you'll have access to a monsoon shower, calming candlelit rooms and fabulous treatment suites, offering a range of wonderfully relaxing treatments from aroma stone massage to the exotic rubs from leading luxury skincare brand Elemis.

TREATMENT TO TRY:

Exotic Frangipani Body Nectar Nourishing Wrap, £75

Aromatic Tahitian coconut and Frangipani flowers are soaked together to produce monoi oil before the body is cocooned in a nourishing wrap. Drenching the skin with moisture, this exotic therapy is sure to give your body the perfect glow.

Matfen Hall, Newcastle NE20 0RH
www.matfennhall.com



Verbena Spa at Feversham Arms Hotel

The Verbena Spa at Feversham Arms Hotel is a luxury hideaway boasting an aromatherapy room, salt inhalation chamber, monsoon shower, and outdoor heated swimming pool, as well as a range of packages to suit all your needs. With treatment products provided by the luxury and Mediterranean-inspired Temple Spa, you can rest assured knowing their divine products hold anti-ageing properties.

TREATMENT TO TRY:

Me Time, £125 for 90 minutes

For when you simply can't decide between a facial and a massage indulge in some 'me' time at Verbana Spa. Choose two treatments from a whole range of body massages and exfoliations, facials and mani-pedis. The Purification Facial, starting with a brush cleanse followed by a face massage, will leave your skin glowing.

Spa breaks available from £95 per person per night

Helmsley, North Yorkshire YO62 5AG
www.fevershamarmshotel.com



Pure Bliss Beauty Spa

Hailed as Sunderland's best kept beauty secret, award-winning Pure Bliss Spa boasts luxury treatment rooms filled with aromatic candles, relaxing music and heated treatment beds, their experienced therapists offer a range of organic treatments to soothe the body. Their Made for Life treatments by Spiezia Organics are specifically designed to create a true sense of wellness, suitable for cancer patients.

TREATMENT TO TRY:

Hand on Heart, £48 for 1 hour

This nurturing back, face and scalp treatment is one of many Cancer Touch treatments, created to help you drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques are slow, soothing and rhythmic to assist with rebalancing and calming the upper body while the facial replenishes, nourishes and revives the skin.

58 Sea Road, Sunderland SR6 9BX

www.pureblissspa.co.uk



Armathwaite Hall Hotel and Spa

Set over two floors, this contemporary lakeside spa offers the most luxurious spa facilities in a relaxed environment. Kick back in the 16-metre infinity pool, enjoy a soak in the outdoor hot tub (surrounded by woodland), or take advantage of their bespoke and personalised spa experiences; your chosen treatments will be specifically designed to enhance your personal wellbeing. A chat about how you're feeling will allow your therapist to select the best blend of essential oils to match your mood, leaving you with a treatment tailored specifically to your needs.

TREATMENT TO TRY:

Milk and Honey Body Wrap, £75.00 for 55 minutes

If you're looking to improve the appearance of the skin, look no further. Starting off with a full-body exfoliation, using essential oils and Dead Sea salts, you're then cocooned in milk and honey to hydrate and tone your skin, before a soothing face and scalp massage. Finally, you're spritzed with skin-nurturing oils that will leave you glowing.

Spa breaks available from £345 for two per night

Armathwaite Hall, Keswick CA12 4RE
www.armathwaite-hall.com



Swinton Country Club and Spa

Set within a 20,000-acre luxury North Yorkshire estate, the Swinton Country Club and Spa allows you to really get away from it all. Blending contemporary design with Yorkshire heritage, their world-class wellness facilities include an 18-metre indoor pool, hydrotherapy pool, an eco-friendly, bio-filtered outdoor pool, thermal suite, a treatment suite boasting three relaxation rooms and eight treatment rooms, and a sunning secret garden.

TREATMENT TO TRY:

Elemis Garden of England Rose Restore Massage, £85 for 55 minutes

This lavishly-hydrating massage and micro wrap uses the unique trio of rose, camellia and poppy seed oils to benefit dull and dehydrated skin. The nurturing rose balm leaves skin exquisitely moisturised and delicately supple – you'll come out smelling of roses.

Spa-breaks available from £199.50 per person per night

Swinton Estate, Swinton, Ripon HG4 4JH
www.swintonestate.com